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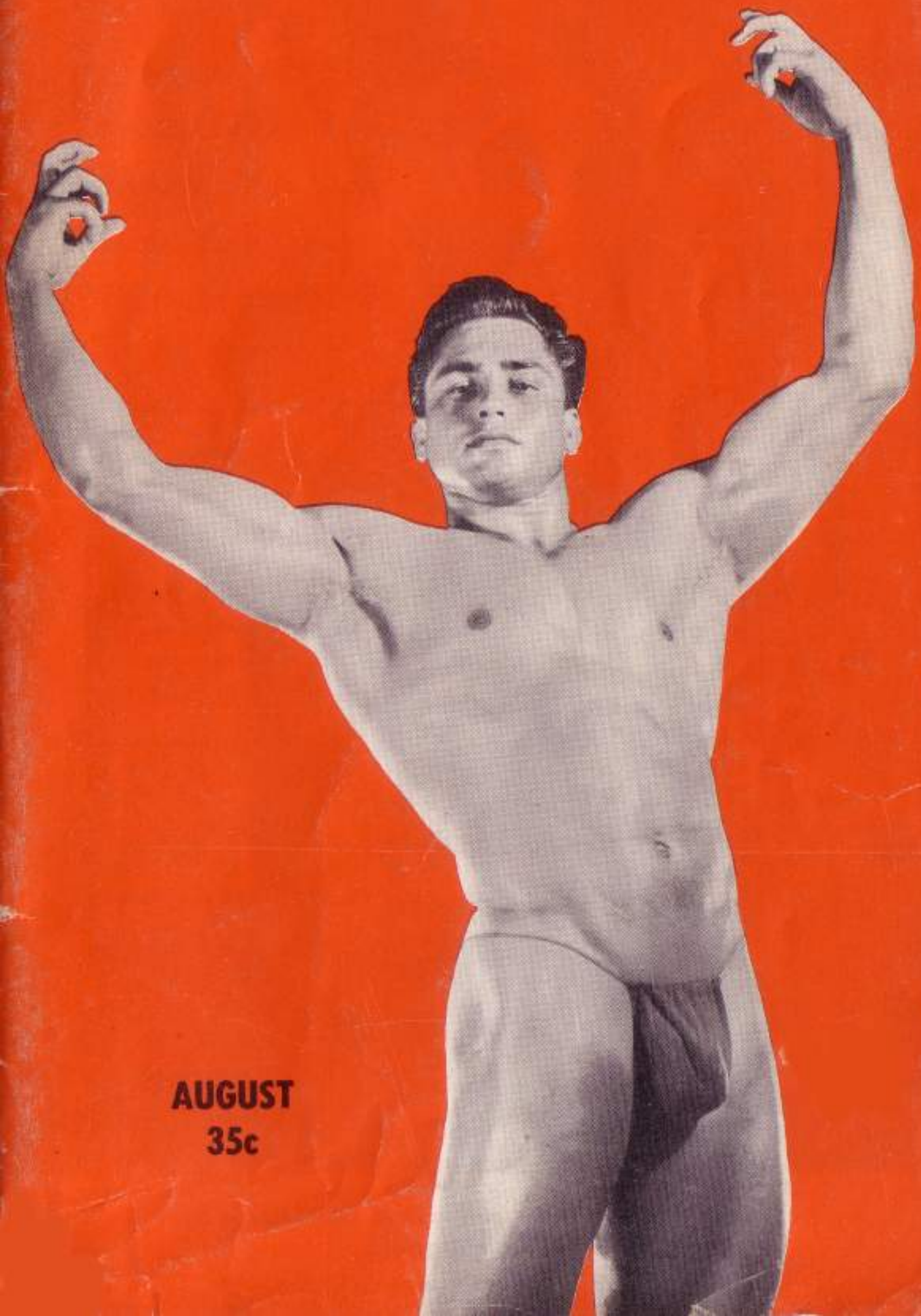

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This photo of athletic young BOB DUFOUR is by California Models.

Trim

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COVER MEN

FRONT COVER: Jack Harte, Navy veteran, won the Mr. Golden Gate Contest in 1956. Jack is 22, 5'-10" and weighs 197. Photo by California Models.

BACK COVER: Ron Nielsen, a splendidly-built Californian, is 19. He stands 5'-9" and weighs 169. Ron was Jr. Mr. San Francisco of 1956. Photo by California Models.

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The magnificent physique of twenty-one year old GLENN BISHOP of Grand Haven, Mich., is the result of his participation in sports and his conscientious program of weight training.

THE BEST WAY

On page 11, Dr. Frank Lombardo, a young doctor who is vitally interested in bodybuilding, asks an important question — and gives an important answer. For buoyant good health, exercise *is* necessary. Dr. Lombardo tells you why.

To ask if exercise is really necessary is like asking if food is. Even if it weren't, we would still eat. Who, for instance, eats merely to keep alive? No healthy person thinks of food as just the fuel that keeps our human machine going. We eat not only because we need to but also because we enjoy eating. And we often don't even consider the benefits we are gaining while we're enjoying life.

Exercising is very much the same way. Suppose it were possible to swallow a big pill three times a day, a pill which contained everything we needed in the way of food and nourishment. That wouldn't satisfy most of us. We would still want to enjoy our favorite foods. But suppose some, in that hypothetical pill world, had never tasted food. Obviously, they wouldn't know what they were missing and they might be perfectly happy living off their pills.

Nobody today has been raised on pills, but some have never participated in exercise. They don't know how much of life's fun they are missing. They have never experienced the sheer joy of feeling the blood coursing through their veins, feeding their muscles as they exert themselves. They have never experienced the thrill of running or swimming or cycling faster than others, or of out-manuevering them by the skill that comes when muscles are not only developed but also under full control. We need exercise, but even if we didn't, we would miss many of life's pleasures without it.

To the guy who wants to achieve physical grace, strength, poise and symmetry — in other words, to the bodybuilder — exercise is more than just fun: it's the means to an end. There are publications devoted solely to the development of muscular perfection. And without exception they advocate weight training as the best means to a beautifully proportioned physique.

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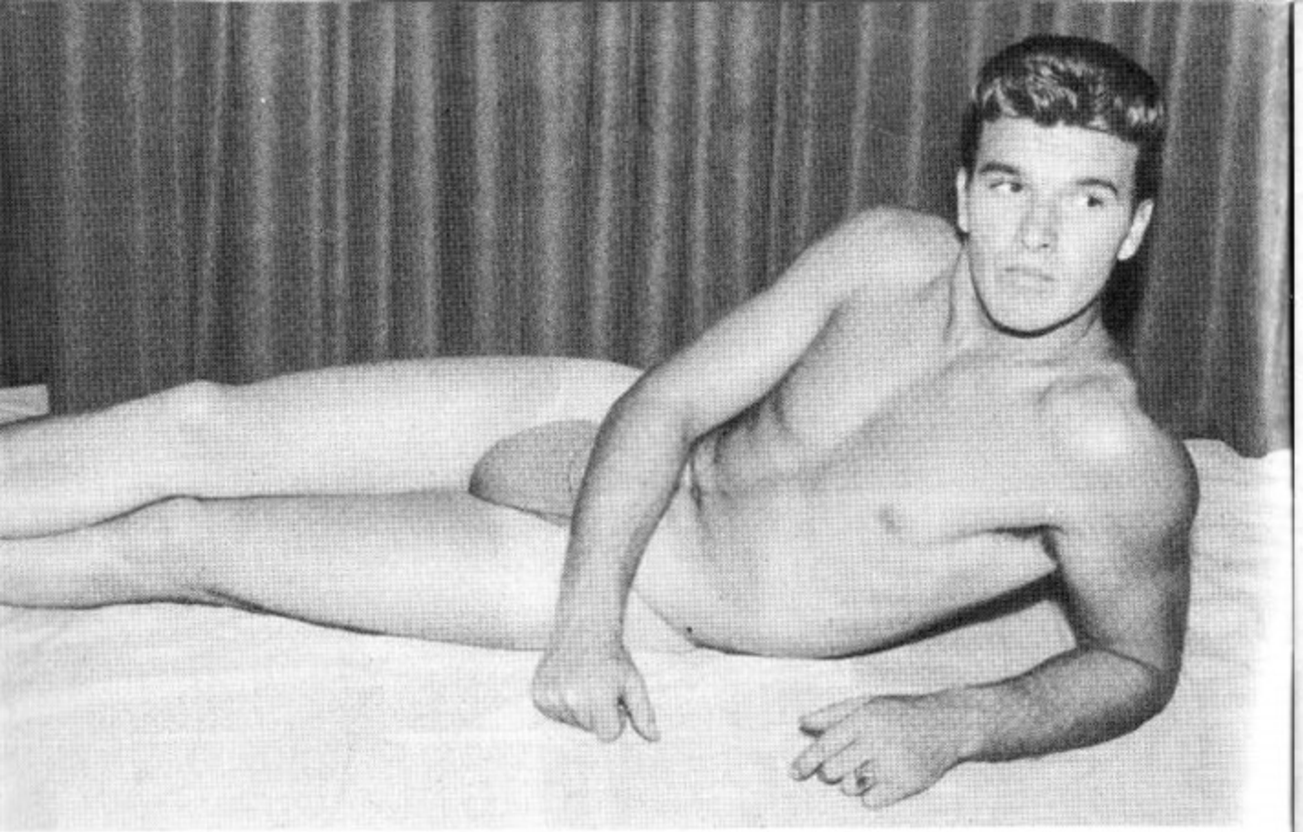

VICTOR CARLISLE, who recently posed for photographer M. C. Woods, has a physique which shows what exercise can achieve.

Are they right? For the average guy, yes. We have all known some young men with close-to-perfect builds (barring the massiveness that some consider necessary) who have never lifted a dumbbell or barbell — and a few of whom have engaged in almost no physical exercise whatsoever.. They are exceptions to the rule; in fact, they might be considered the original "lucky Pierres."

But how about the rest of us? Weight training is no doubt our best route to a muscular, well-proportioned physique, because it is the scientific way to develop muscles. For instance, the track man may develop exceptionally good legs, but he fairly often has a chest and upper body not nearly so well developed. And this is merely one example. With weights, there are exercises for almost every muscle area, and by performing these exercises, we can develop any given muscle we wish. Weight training is probably the easiest way of all to achieve a good physique.

There are many, however, who don't enjoy exercising with weights. To others it may be lots of fun, but not to them. At the same time, they may get a terrific kick out of becoming an expert tumbler, a good swimmer or mountain climber. TRIM believes that any exercise must be fun

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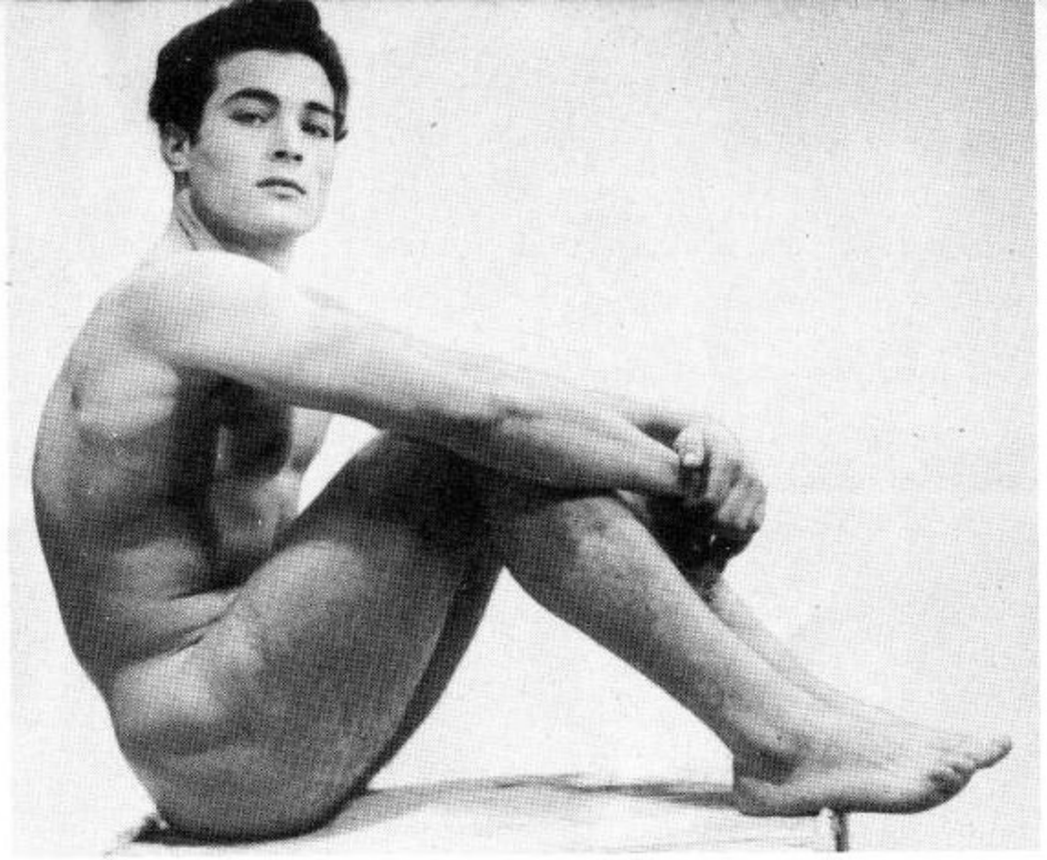
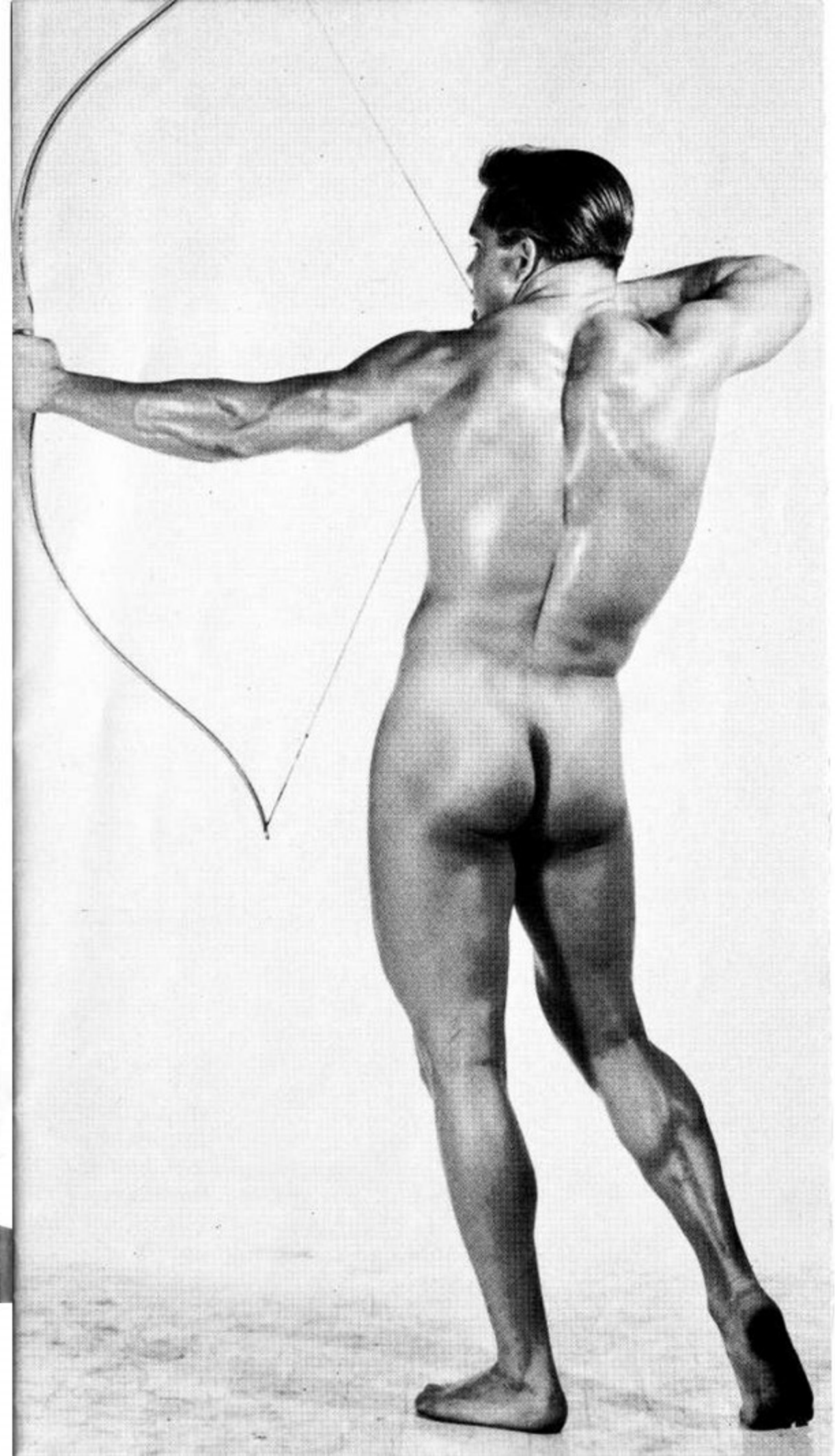


ANDREA GEORGIOU, a nineteen year old Greek student now in London, displays his classic build in this study by John Paignton.

if one is to do his best at it and get the most out of it. If you enjoy weight training, by all means stick to it (like everything else, you'll probably get more fun out of it the more you do it).

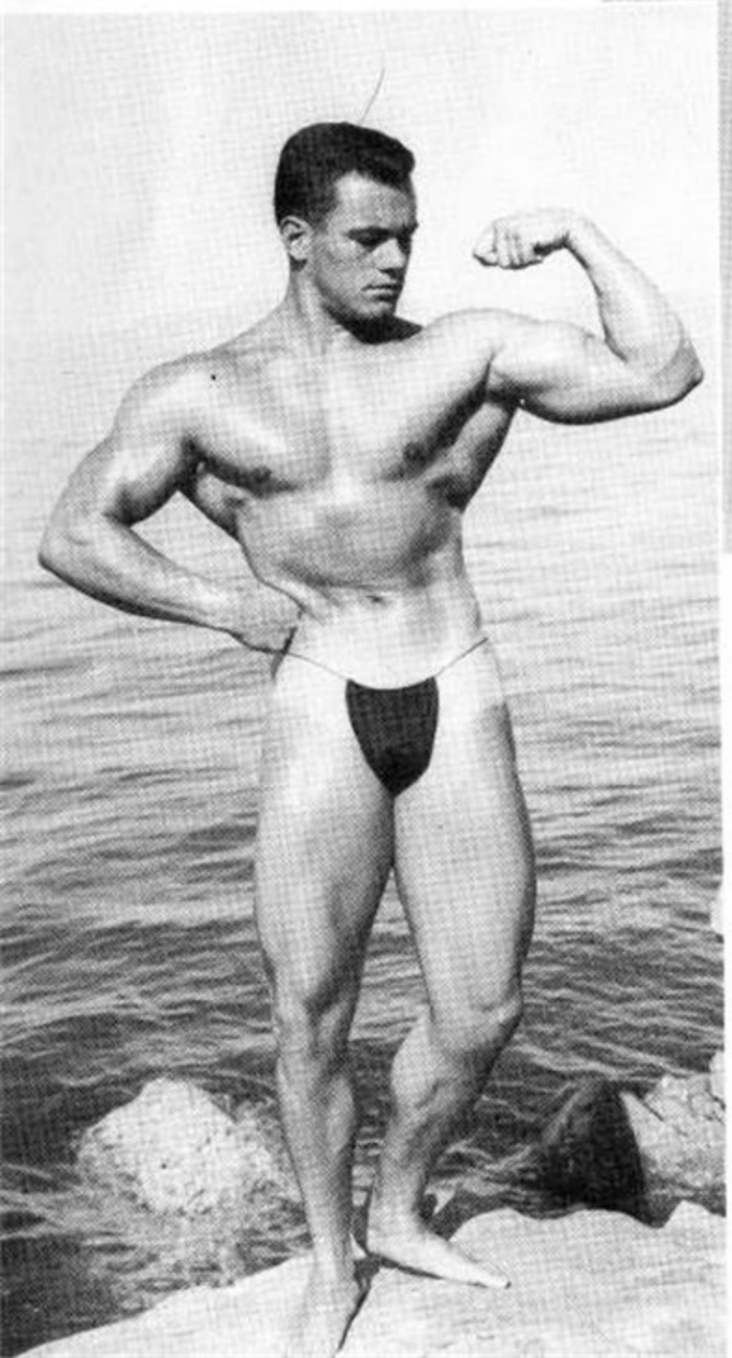
If you don't enjoy weight training and, as a result, don't participate in any sport or exercise, forget weight training. Perhaps it *isn't* for you. But find a sport or exercise you *do* enjoy and give yourself to it. Tennis or swimming or tumbling may never build you the kind of physique that will enable you to vie for Mr. America honors. But, unless that is your dearest dream, that's not important. What *is* important is that you do exercise and that you do enjoy it (for if you don't, then you'll take the first opportunity that presents itself to give up exercise).

Exercise *is* necessary to strength and health. Weight training is not (though it is the best and quickest way of building a top physique). You'll be better off engaging in any exercise than in none. So find one you'll enjoy, one that *suits* you, and it will go a long way toward giving you a good physique and keeping you in trim. And it will add zest and buoyancy to your life, too.



We'll have to look a long time to find a trimmer physique than that of JACK HARTE, with whom archery is a favorite sport. These two photos are by California Models.

On the right is HARRY VIEWEG, "Mr. Boston," and below is MIKE SILL, "Mr. Utah." Harry was photographed by Joe Corey and Mike by Dave Martin.



These two champions are living proof of the perfection the human physique, through training, can attain.

Is Exercise *Really* So Good for You?

by Frank Lombardo, M.D.

What good are big muscles? Is the bodybuilder nothing but an egotist wasting his valuable time exercising — or is he really healthier because of his efforts to obtain an impressive build? This is a question which is often raised by those who feel bodybuilding is no more than just an enjoyable pastime, one designed just to improve the looks or appearance.

In itself, of course, exercise cannot guarantee good health to anyone. In some cases, exercise may actually be harmful, unless undertaken with proper medical supervision. Furthermore, the gains to be expected from exercise depend a lot on the type of exercise indulged in, and upon your general way of life. The value of exercise can be seriously interfered with by poor dietary habits or unsound hygiene.

Properly undertaken, however, a well-balanced and well-directed exercise program can be "just what the doctor ordered" in helping achieve good health. Exercise *is* good for the body. For one thing, exercise helps stimulate the circulation of the blood through the tissues of the body; and, by encouraging deep-breathing, it helps enrich and replenish the circulation with vital oxygen, leading to increased body growth and metabolism. Exercise promotes the elimination of waste products of body metabolism through the sweat glands and intestinal tract, and avoids noxious constipation. And, because of its stimulating effect on nervous tissue, exercise peps you up, gives you more drive, and helps promote clear thinking.

The most obvious effects of exercise, of course, are the stimulation of the growth of muscle tissue. Through repeated contractions and relaxations of the body muscles, an increase in their size is noted. The muscles become stronger. They can do more work. This is important, too.

Bodybuilding can be overdone, to be sure, especially when there is no definite plan of exercise, or when the routine is carried to the point of exhaustion. But when engaged in moderation, it can lead to a very desirable and attractive state of good health. For it is within the structure of the muscles that most of the energy-production occurs in the body. As the food we eat is digested, the by-products pass through the muscles and the liver to be con-

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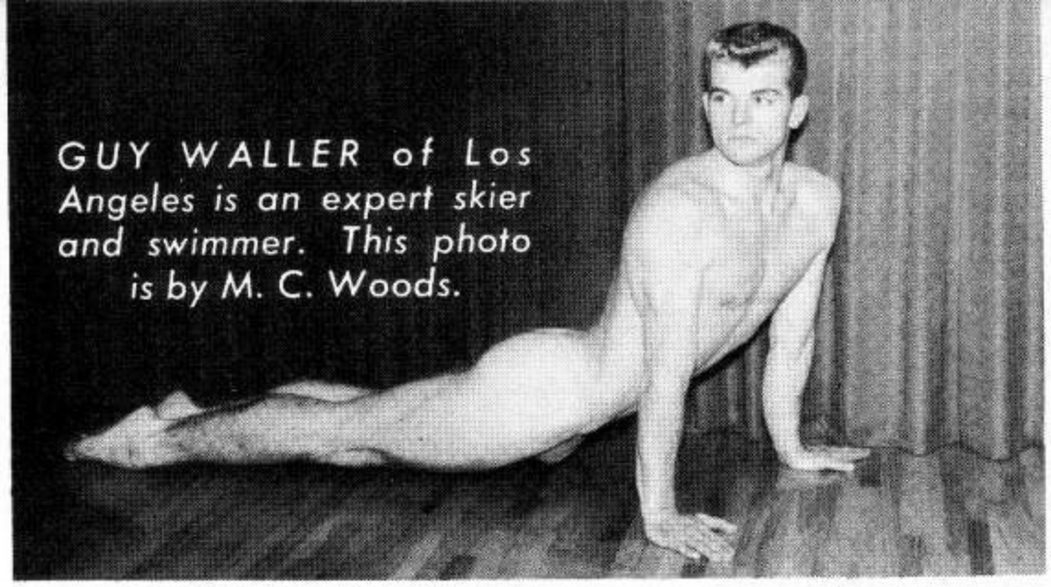


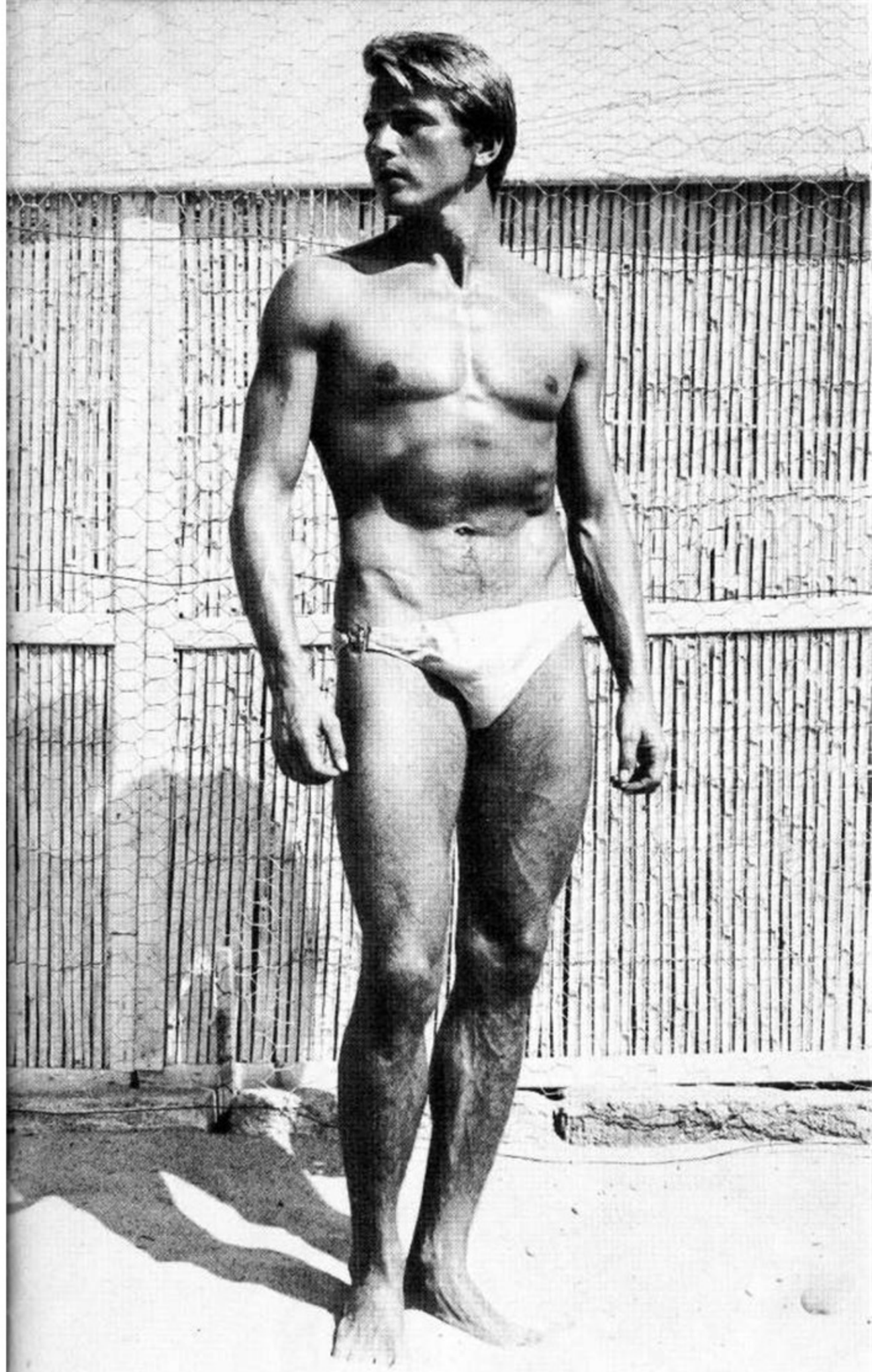
GUY WALLER of Los Angeles is an expert skier and swimmer. This photo is by M. C. Woods.

verted into *energy*, or to be stored for further use, as *glycogen*. The energy released by combustion of foodstuffs is used to build tissue and thus leads to increased growth.

By utilizing and burning up a greater amount of the food we eat, big muscles help cut down that excess amount which would otherwise be converted into waste fat. If exercise did nothing else but help cut down on extra fat, it would be worth the time spent. It is now commonly accepted that extra body weight increases the work of the heart, contributes to diseases such as diabetes, and aggravates the tendency to develop high blood pressure. Athletes, on the other hand, with a greater ratio of muscle to fat, are definitely less afflicted with high blood pressure and heart disease. Furthermore, many overweight diabetics no longer require insulin once they get their weight down to normal levels.

Big muscles provide better protection to the vital organs of the abdomen, chest and other important body regions. To decrease the chances of developing hernias, exercises should be designed to increase the size and strength of the abdominal muscles as well as the arms, legs and chest. Scientific bodybuilding and exercise should take into consideration the work and protection expected from the development of *each* muscle group in the body. In addition to weightlifting, which can be utilized to develop individual groups of muscles, the bodybuilder should not neglect other sports as well. Very good forms of exercise are sports such as swimming and running, which exercise all muscle groups and do not require special equipment.

Regular and systematic exercise is definitely good for you. It will help promote body growth and resistance to illness. It can increase your energy reserve and give you the psychological feeling of well-being that is essential to success and happiness in your daily life. By indulging in regular exercise, you are taking the first important step towards good health.

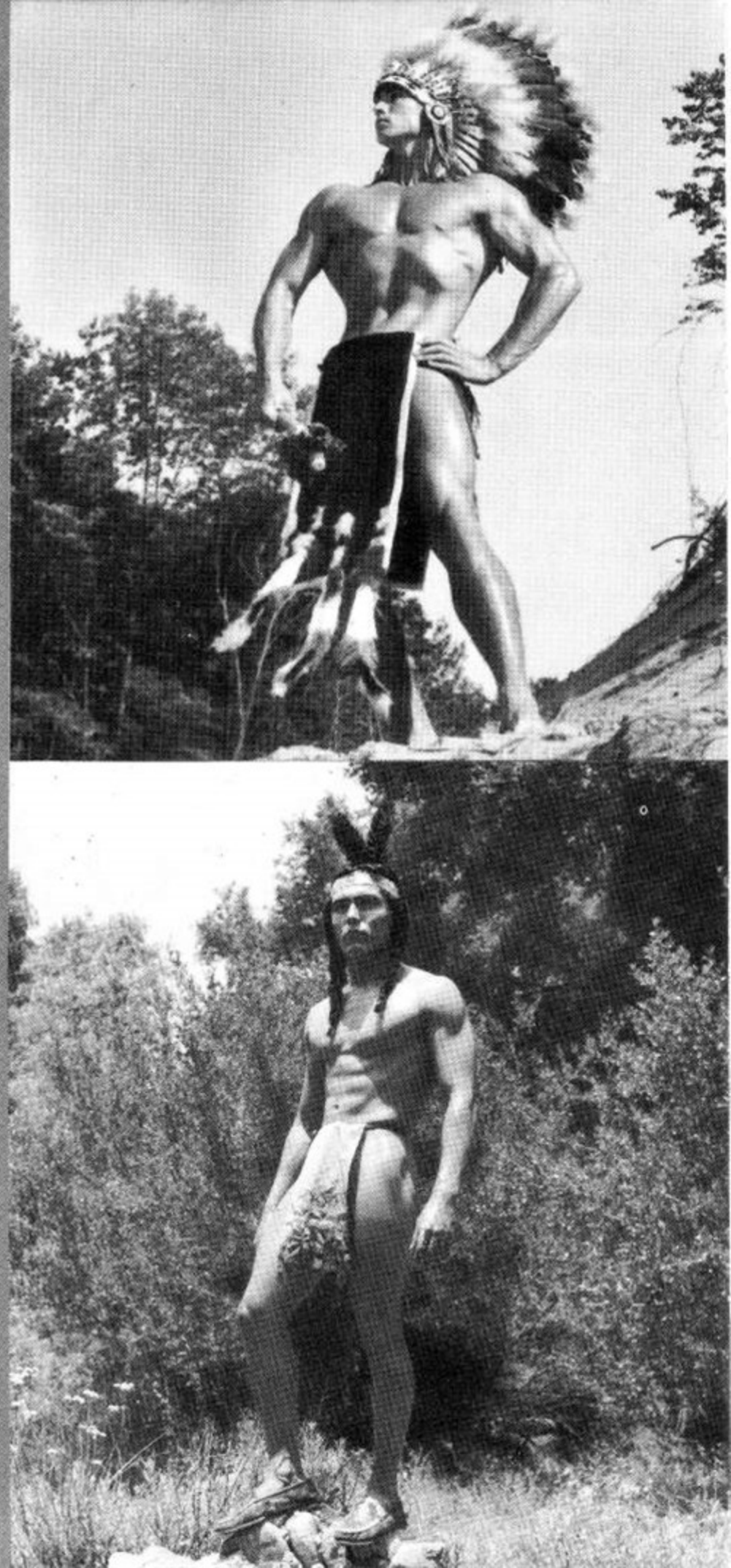


ALPHONSO MATHIS, a twenty-five year old athlete from Rome, was photographed on the Riviera by John Palatinus. This young European is six feet tall and weighs 165.

BEWARE TO PALE-FACES!

Chief Sitting Steer (better known as KURT FREEMAN, seventeen year old high school wrestling champion) instructs his young braves in the art of Indian warfare. At the top of the opposite page, young Chief Standing Bear (also known as GLENN BISHOP) scans the horizon for signs of the enemy, while beneath him the warrior Straight Arrow (sometimes called FRANK RENAULT) relaxes and waits for orders to attack.

Photos: below, California Models; opposite page, top, Glenn Bishop; opposite page, bottom, Apollo.



★ TRIM STAR OF THE MONTH

Popular ED FURY is an athlete and actor. He is the star of several Apollo movies and has appeared in many Hollywood productions. This photo is by Apollo.

THE BACKWARD ROLL

A New Tumbling Trick

Tumbling is a favorite sport for many. And it's tops for keeping in trim. The Roll is the basic trick in all tumbling. From the last two issues of TRIM, you have learned the Forward Roll and the Dive. This time let's learn the Backward Roll, an easy job to those who have learned the two tricks previously described. Follow the simple directions below. Notice how these movements are illustrated in the drawings.

1. Sit down from a standing position, allowing yourself to drop all the way to the floor.

2. Break the drop by placing your hands on the floor.

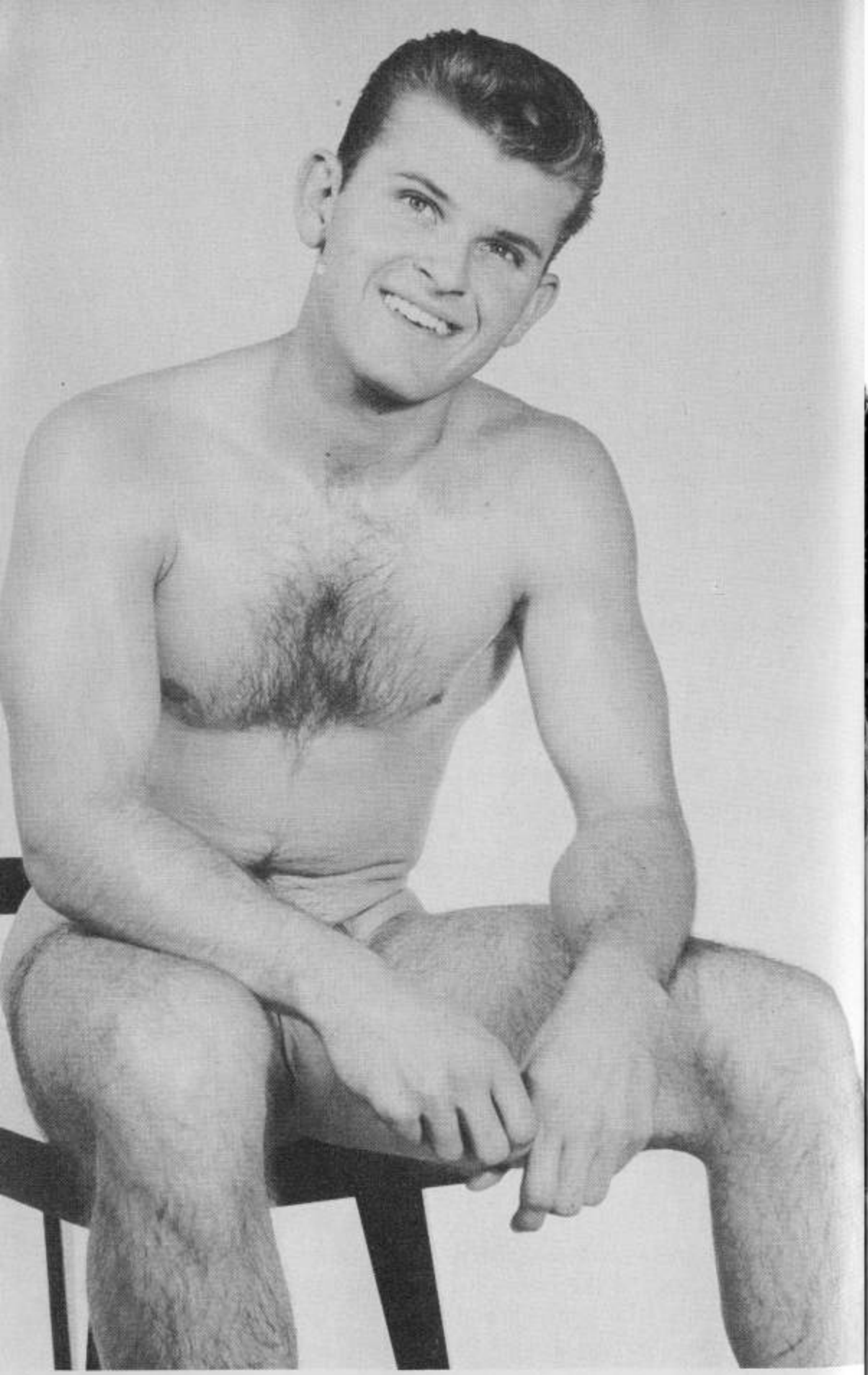
3. Then quickly place your hands behind your shoulders with palms up.

4. Roll backward, keeping your knees tucked close to your chest. Place your hands on the floor as you roll backward on your neck (*not* your head) and your back.

5. Then push up hard with your hands when the weight of your body is on them. This will relieve the strain on your neck.

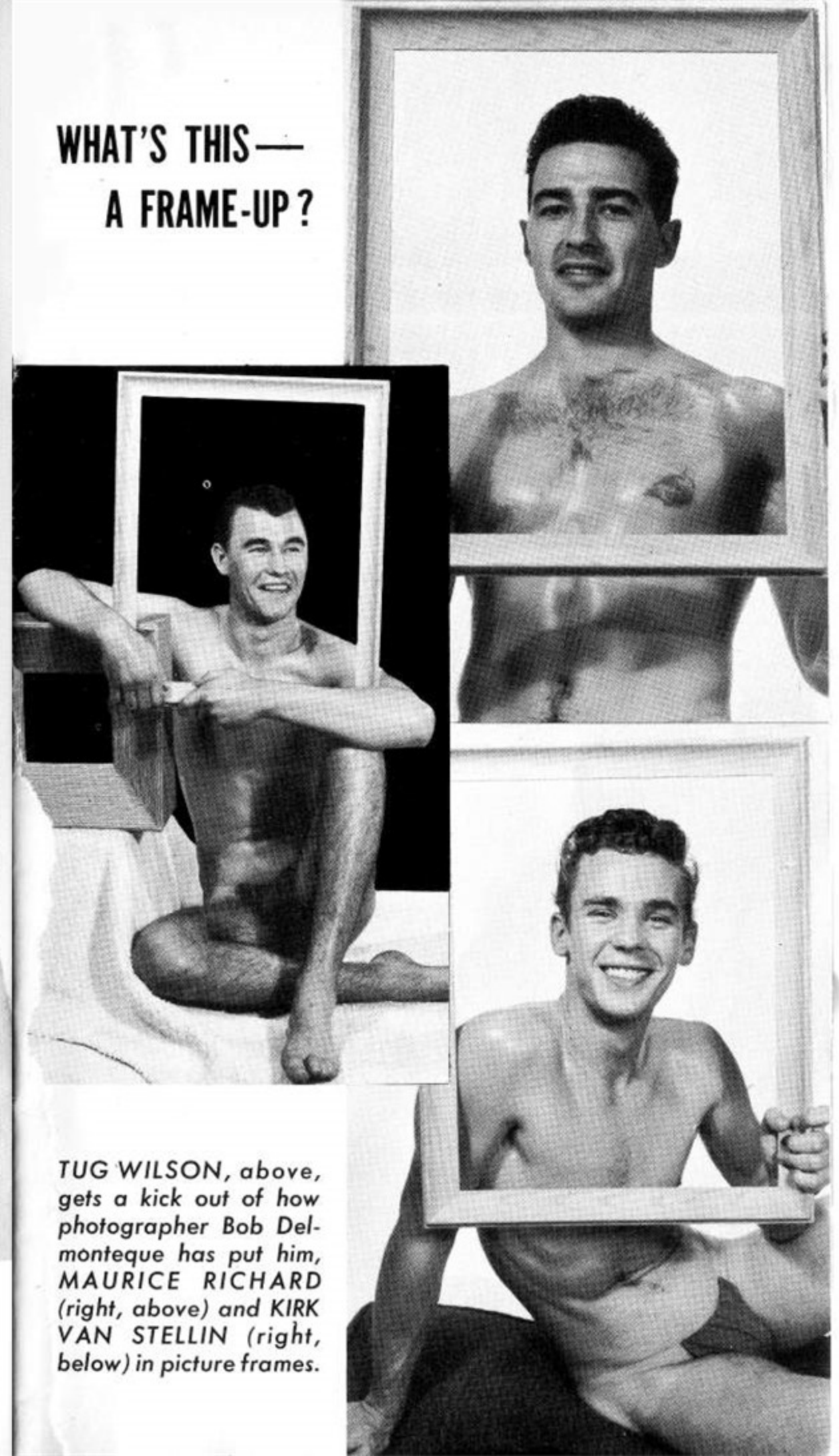
If you find it hard at first to drop from a standing position, learn the Backward Roll first from a squatting position. This will be easier for most beginners. After getting the feel of the Backward Roll, you'll be able to start from a standing position.

Keep practicing the Rolls and the Dive until you're expert at them. Later we'll show you other tumbling tricks that you'll enjoy.



Twenty year old JOHNNY HUNTER built his splendid physique by tumbling and gymnastics. Photo by Delmonteque Studios.

WHAT'S THIS— A FRAME-UP?



TUG WILSON, above, gets a kick out of how photographer Bob Delmonteque has put him, MAURICE RICHARD (right, above) and KIRK VAN STELLIN (right, below) in picture frames.

California athlete STEVE ROBINSON appears as a boxer in Vulcan catalog 54-T.

Nineteen year old RON CUSPARD of Ellwood City, Penna., has a prize-winning physique. This photo is by F. L. Collier.

Improve Your Legs with the Squat

It has been said that a man is only as good as his legs. And that's not all fiction, for the underpinnings give out perhaps earlier on the average man than any other part of his body. Whatever sport or physical activity you engage in, you'll need good legs. They're something of a foundation on which your strength is built.

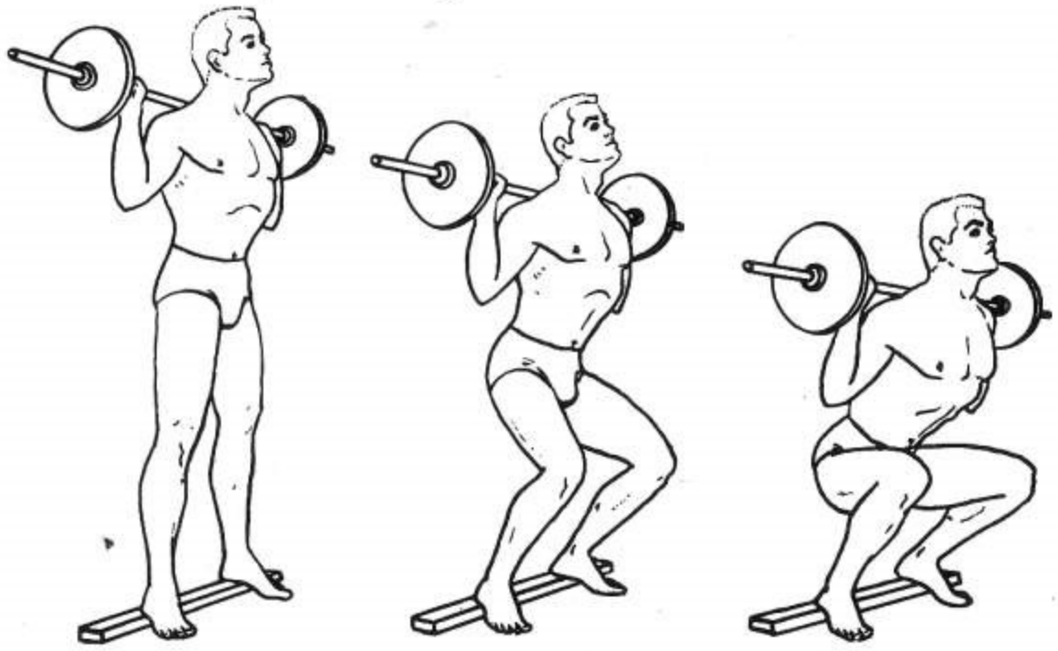


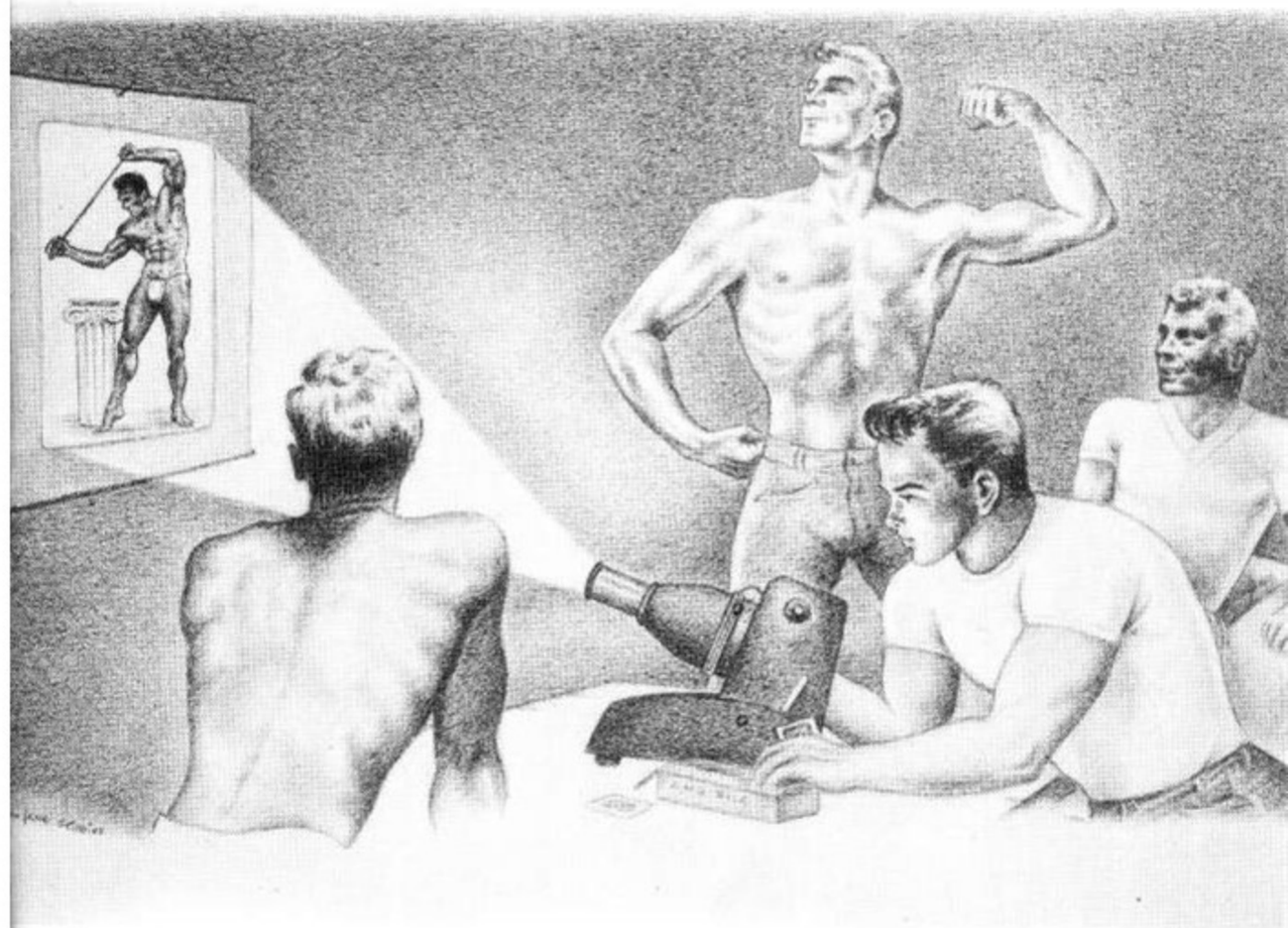
Figure 1 *Figure 2* *Figure 3*

It's hard to improve on the squat as a leg-developer. This exercise well deserves its popularity among bodybuilders. It's an easy exercise to learn, too. If you're a beginner, we suggest fifty pounds as a good starting weight, from which you can work up eventually to at least one hundred and fifty or two hundred pounds. (But, warning to would-be champs: You'll have to exceed eight hundred pounds if you want to out-lift the world record holder, big Paul Anderson!)

You'll get the maximum results if your heels are elevated an inch or two. A four foot piece of two-by-four lumber makes an ideal elevation for the squat. Begin the exercise by raising the barbell up and over your head to rest on the back of your shoulders. Inhale deeply high up in your

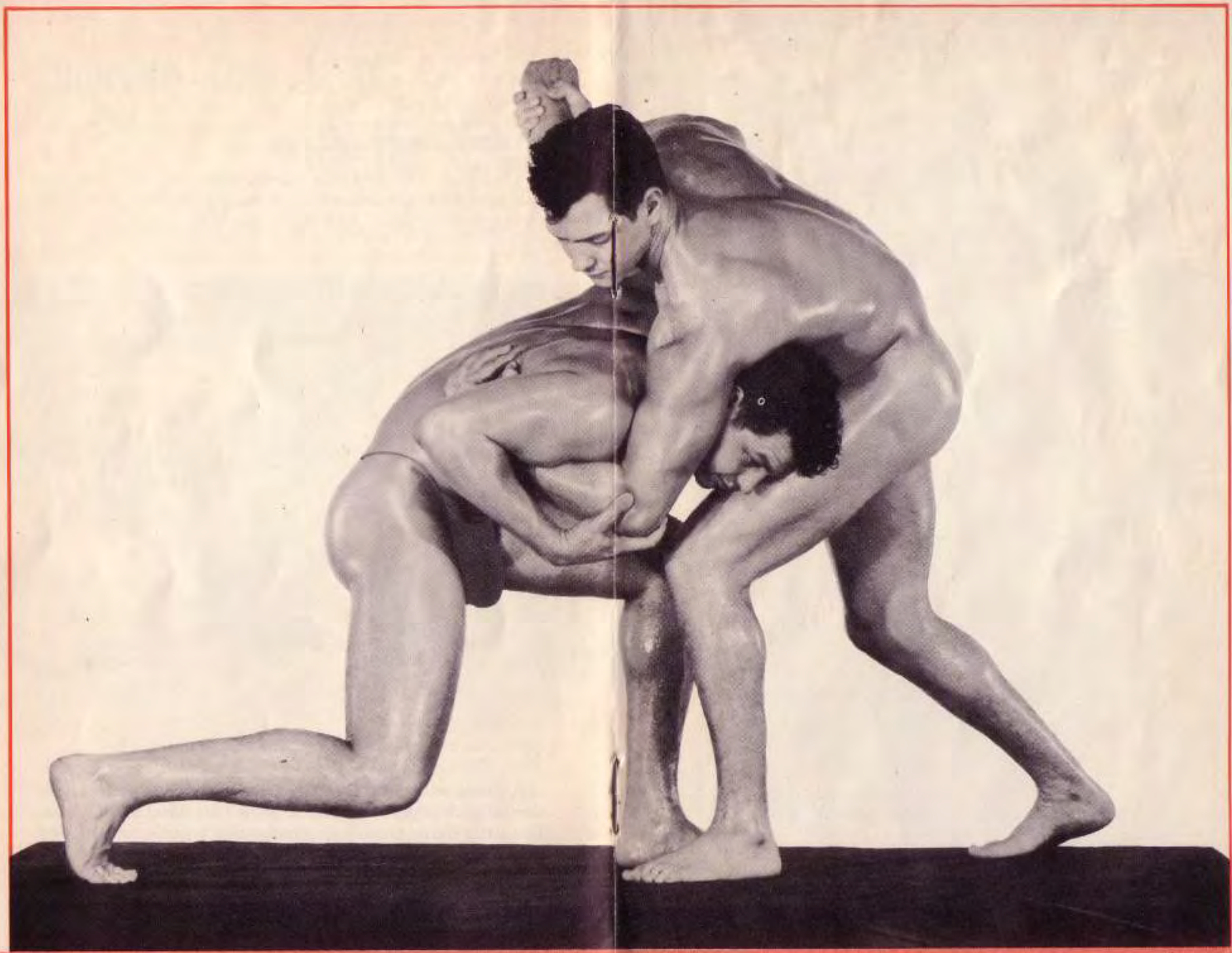
chest, waist in and chest out (Figure 1), and then sink slowly to a full squat (Figures 2 and 3). Rise and exhale. Be sure to keep your back straight at all times. Start with ten repetitions, working up to fifteen, and then add another five pounds, starting again at ten reps.

The squat will give you a real work-out and your legs will soon show the difference. A strong, healthy man needs strong, healthy legs. And this is the best way to get them.

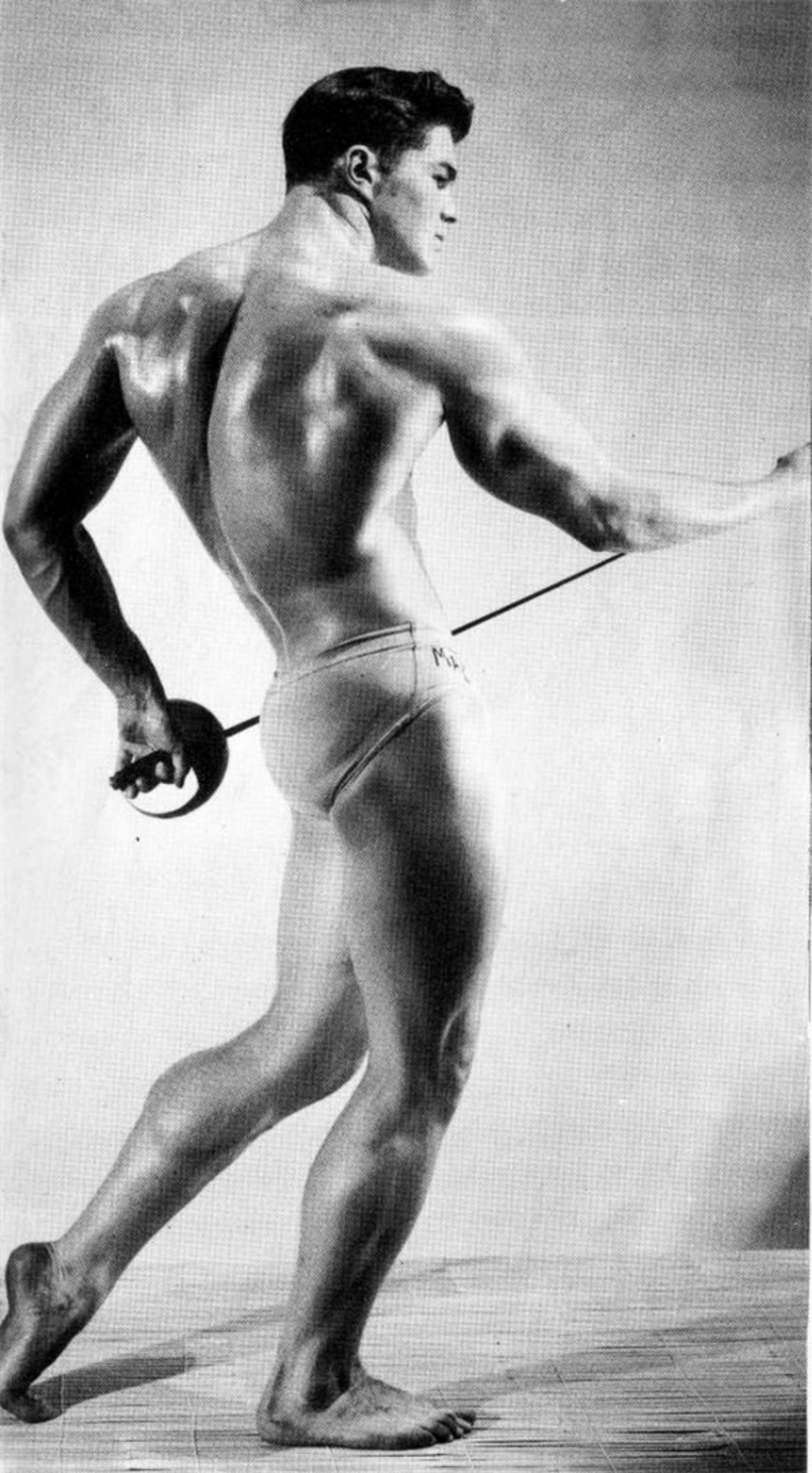


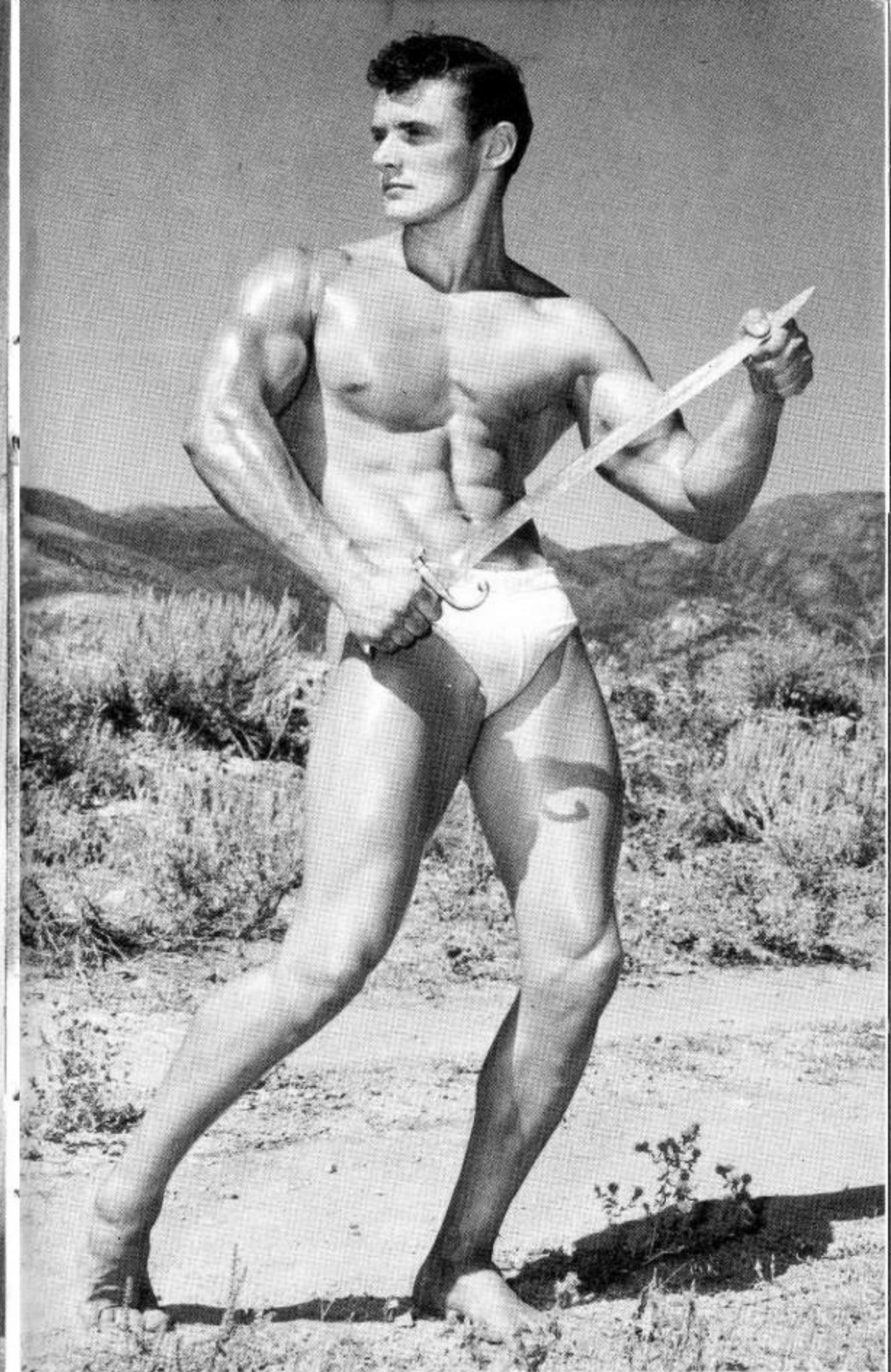
A group of weight trainers check their physiques against that of a champion in "Home Show" by MacLane Studios. The artist shows these young men using a projector to study a slide similar to that offered by most physique photography studios whose work appears in TRIM.

Bodybuilders find great inspiration in studying photos of other young men who have achieved outstanding physiques. Seeing what others have done, and learning something of the rewards that come from developing and maintaining a trim build, young bodybuilders and athletes are inspired to continue their own exercise program.



The GERRINGER TWINS get in some practice wrestling in this photo by Stanford St. George. These twin brothers, now in the U. S. Navy, are both outstanding athletes.





DAVID FITZEN, above, tests his blade edge as BOB McKIM, opposite page, prepares to challenge him. David is 19, 5'-7" and weighs 175. Bob is 21, 5'-11" and weighs 180. Both are top athletes. Photos by Bruce of Los Angeles.

CYCLE YOUR WAY TO MUSCLES

by Carlson Wade

Developing a muscular body requires training. Not only is it a good idea for you to work out at a gym and take advantage of its modern equipment, but your training becomes even more successful if you set up a corner for exercising in your own home. Here, a few hours a week, you can do regular exercises. But bodybuilding isn't all hard work. You can develop a set of fine calf muscles and good abdominals and have a lot of fun at the same time — by cycling.

Cycling has always been a popular sport; only recently was it recognized as an effective way of building up muscles, particularly those of the legs and the stomach. It is also a good way to trim down the size of the abdomen and the hips. Cycling is especially helpful to those who have had difficulty in building good calves, among the hardest of all muscles to develop. Any physique with spindly legs is lacking in something essential. Cycling is an excellent way of building up your calves and your thighs, too. Furthermore, cycling is a source of much fun and pleasure.

When selecting a bicycle, choose one that is sturdy, well-built and free of loose parts. Inspect the nuts and bolts, the spindles of the wheels and the tires to see that they are firm and will bear up under constant pressure. Your bicycle is going to last you for a long time, so get a good one.

It's not difficult to become an expert cycler if you follow these simple rules:

1. **Mounting.** In a back yard or an empty lot, wheel your cycle out to the center. Clear the ground of all rocks; have a smooth surface for practice sessions. Stand to the right of the cycle. Grasp the handle bars, then swing your left foot over the seat. Straddle the cycle, both feet firm on the ground. Get the feel of things. Place your left foot on the pedal, then remove it. Practice this movement until it becomes natural. Sit down on the seat and place your left foot on the pedal. Using your right foot as a sort of moving anchor, push yourself straight ahead. Your cycle will move slowly. Keep one foot on the pedal, the other pushing on the ground. Gradually, lift your right foot to the pedal. Move slowly. *Balance is vital to cycling success.* Teetering can be dangerous, so before you go out into the open, you should be able to balance your cycle so that it does not waver under your pedaling.

The seat can be raised or lowered, depending upon your body size and height. If your legs are long, raise the seat so that you don't have to ride in a crouched position. On the open road, it's uncomfortable, hazardous and unhealthy to have to cramp your legs into position. If you're short-legged, then lower your seat to a comfortable position. Once you find a good measurement, keep it.

2. **Pedaling.** Practice should make your pedaling an almost automatic movement. When you're able to keep your balance, your legs should revolve in a steady rhythm. The pedal should meet the balls of your feet. If your toes do all the work, you'll tire quickly; your ankles will swell and wear out, and your calves will receive little development. Likewise, if your heel meets the pedal, movement is restricted and slowed down. During a steady movement, your heel can slide off and your cycle will swerve suddenly. The pedal belongs in the exact center of your foot. Maintain a regular rhythm. When you cycle in a swift, *smooth* movement, you can stop pedaling for a moment at a time, but at first indications of a slow-up, resume pedaling — not in a sudden start but with a casual, firm motion.

If you've ever used a calf machine, you will recall that your toe raises are slow, yet deliberate movements. Pedaling should be the same. Pressure should be even and regular. By placing the pressure of your legs upon the calves, you'll avoid easy fatigue and will give the calves the greatest benefit.

Steady pedaling also requires strength from the thighs and some effort from the stomach. The alternating contrac-

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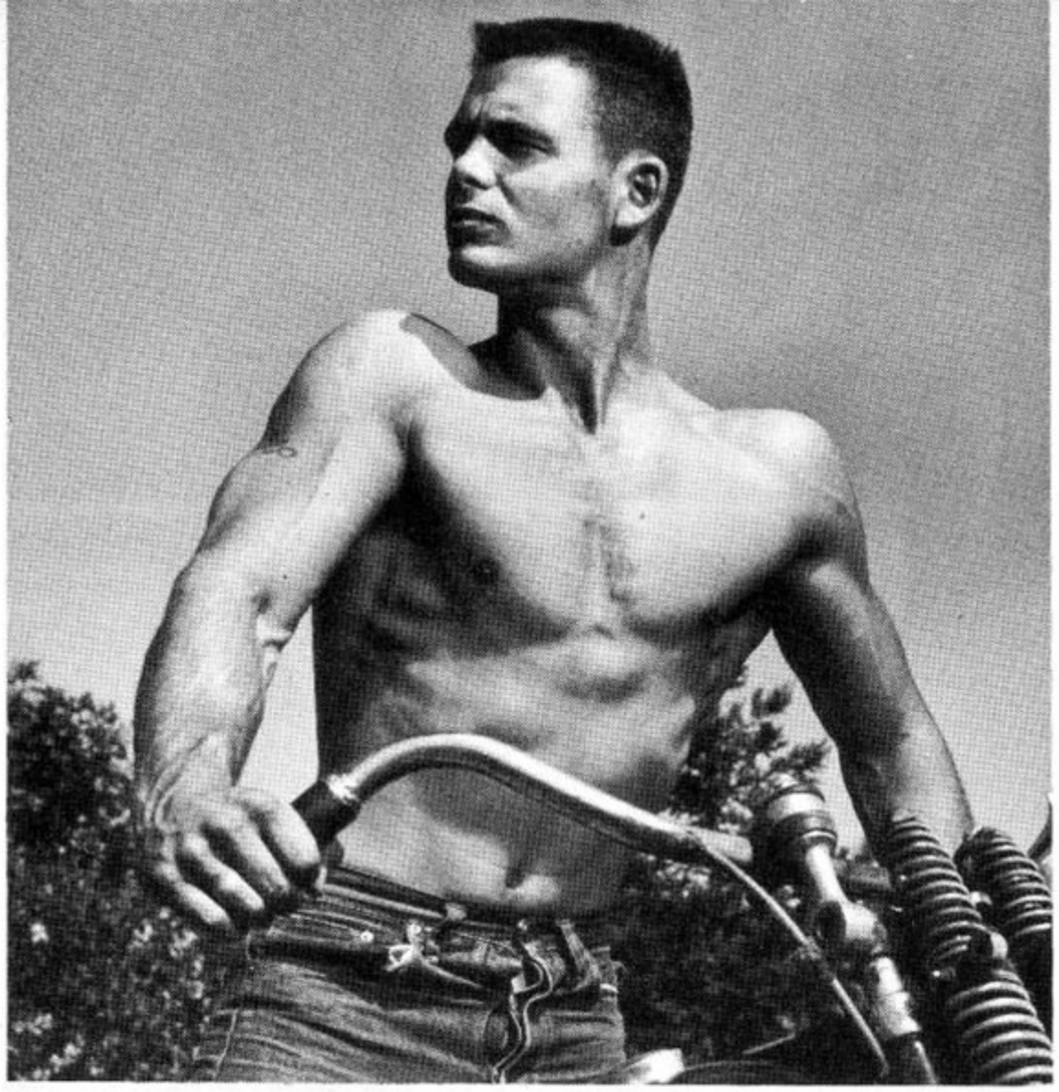

One of the favorite sports of STAN RIDLEY, above, is cycling. Photo by James E. Hills.

tion and relaxation will help strengthen and develop these muscles, too. It will also help work off excess fat around the stomach or about the thighs.

3. **Maneuvering.** Whether you cycle alone, with a group, on the open road or down a deserted country pathway, you need to make split-second decisions. They should be almost automatic, and this requires a bit of training. A heap of rocks, a fallen log, a car approaching too close or even an animal is an obstruction in your path. Don't be stubborn. Get out of the way of unmoving objects by cycling around them. Give automobile drivers the right of way. Your hands should *always* be on the handle bars, grasping them firmly, your fingers tight around the edge. Don't wave to passersby or try to show off. You're cycling to improve your health and have some fun — not to become a trick rider. Leave that to the circus clowns who get paid for it.

To make a sudden turn, stop pedaling, apply your brakes and slow up slightly. Use both hands to turn your front

wheel. Be quick — but be rhythmic. A too-sudden turn brings you to a sharp halt, which may pitch you forward in a tangled heap. Keep your eyes frontward. When some obstruction appears before you, gradually slow down your pedaling, turn your front wheel and pedal *around* or *to the side* of the object.

4. **Going Uphill.** Greater leg pressure is required in climbing uphill and this gives your legs their best work-out. Climb slowly, deliberately. Crouch your body slightly forward, hunch your shoulders to meet the extra pressure required in the uphill climb. Keep both feet on the pedals, both hands on the bars. Maintain a steady, *firm* movement. Sudden halts may upset your cycle.

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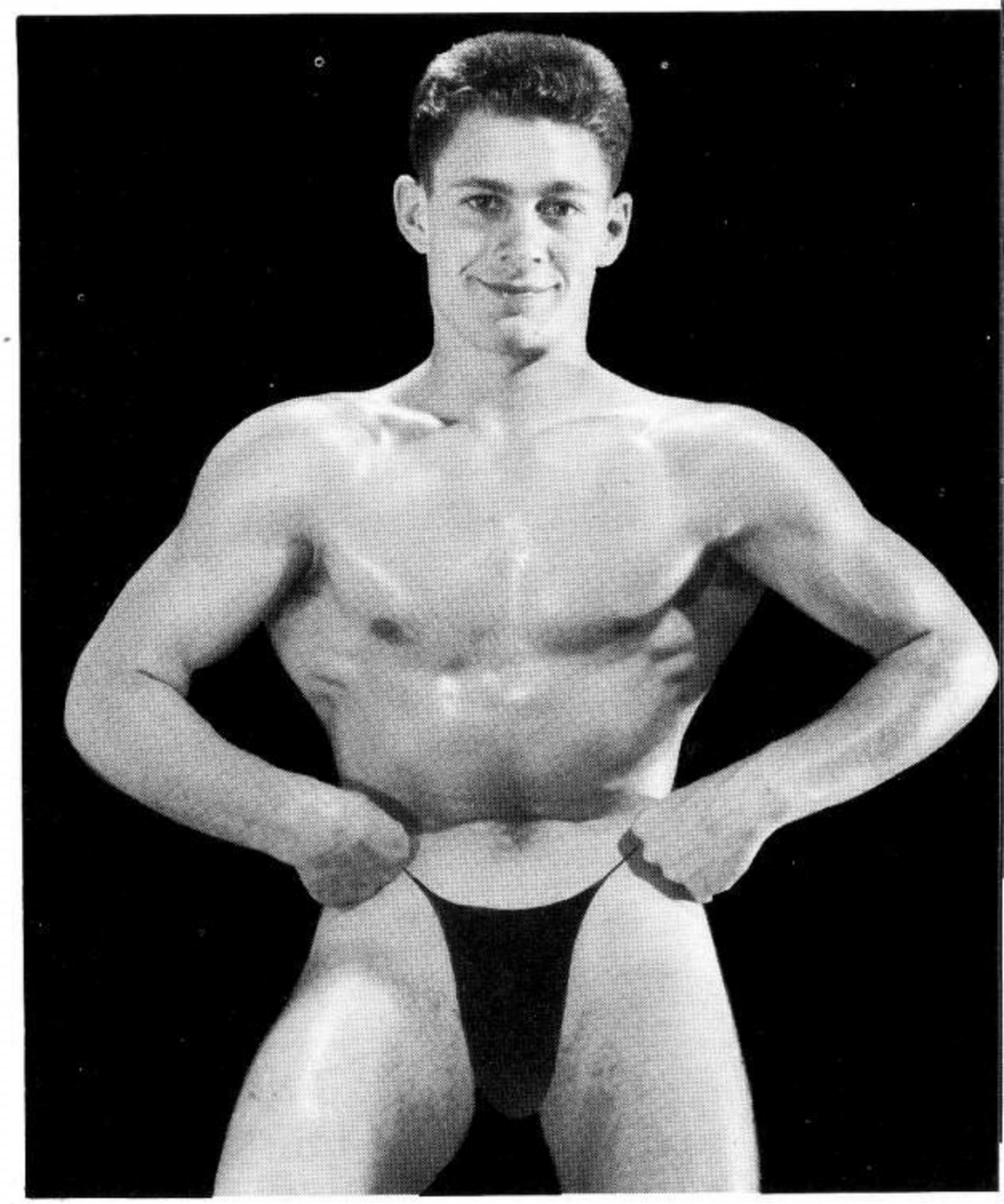


Eighteen year old BOB MORRIS has an excellent physique. Photo by Dave Martin.

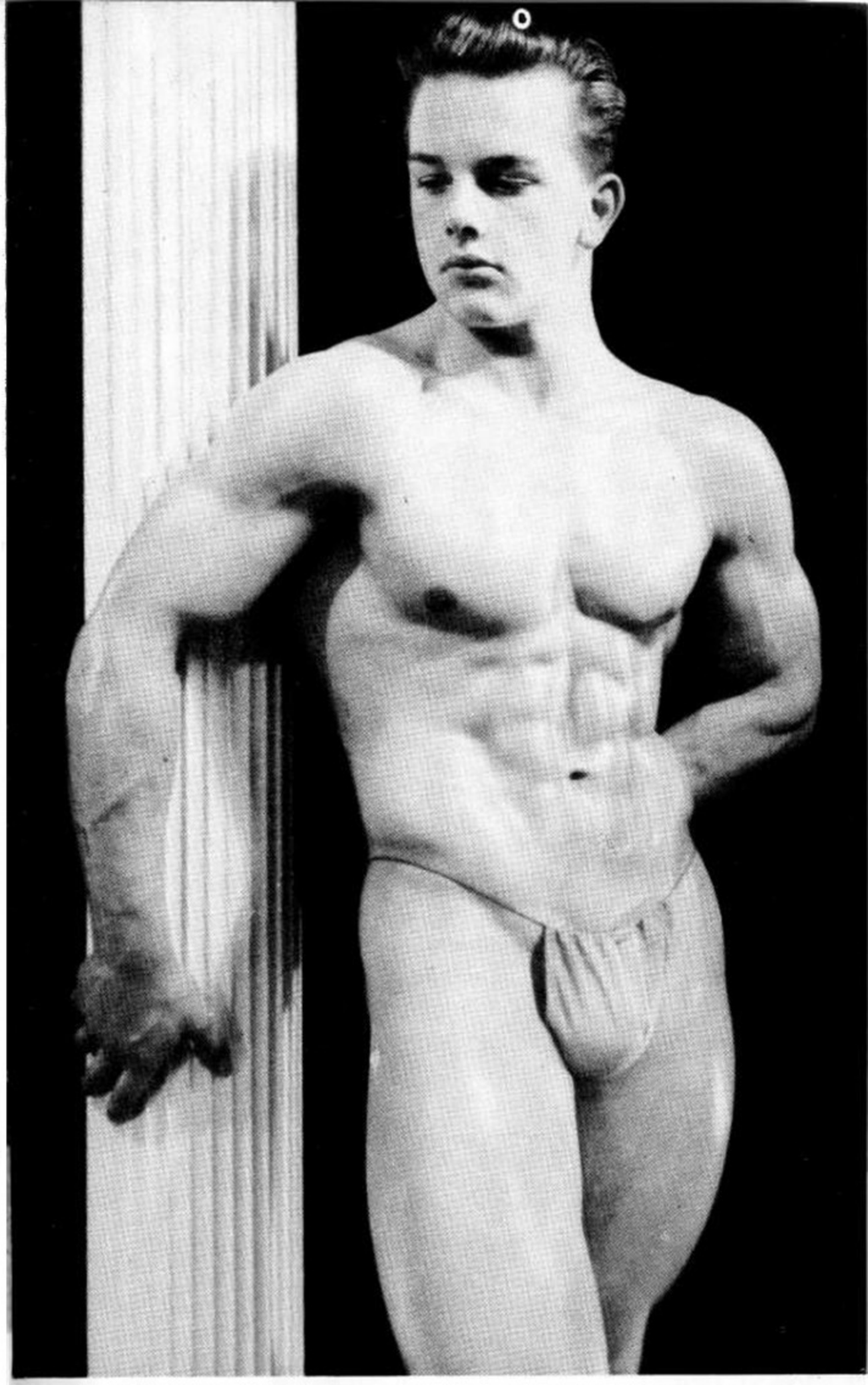
5. **Stopping.** Decide seconds beforehand when you want to stop. Give your wheels a chance to slow up. Stop pedaling and apply your brakes. Keep both hands on the bars. When your wheels are moving slowly, put one foot on the ground and let the cycle come to a halt. Don't scrape your foot on the ground. Skin burns can occur. If your cycle is still traveling too fast, lift your foot and apply more brake pressure. Wait a few seconds until the wheels are turning slowly. Then put your foot back on the ground, using it as a final stopping brake. But *don't force a halt.*

6. **Some Extra Tips.** Before making a turn, slow down. Highway intersections may be dangerous. Look before you turn. Speed is exciting in an enclosed course or on a special bicycle route, but *not* on a public road. Ride with the traffic, not against it. With the traffic, you have a few moments in which to make a swerve, if necessary. Use night reflectors so motorists can see you on the road. Wear white clothes at night. Head and tail lights are mandatory. Reflectors are advisable, even though they're not official. Keep your tires in good shape, always filled with air. A sudden flat on the open road can cause a collision. At the slightest sign of wear, have your tires repaired or replaced.

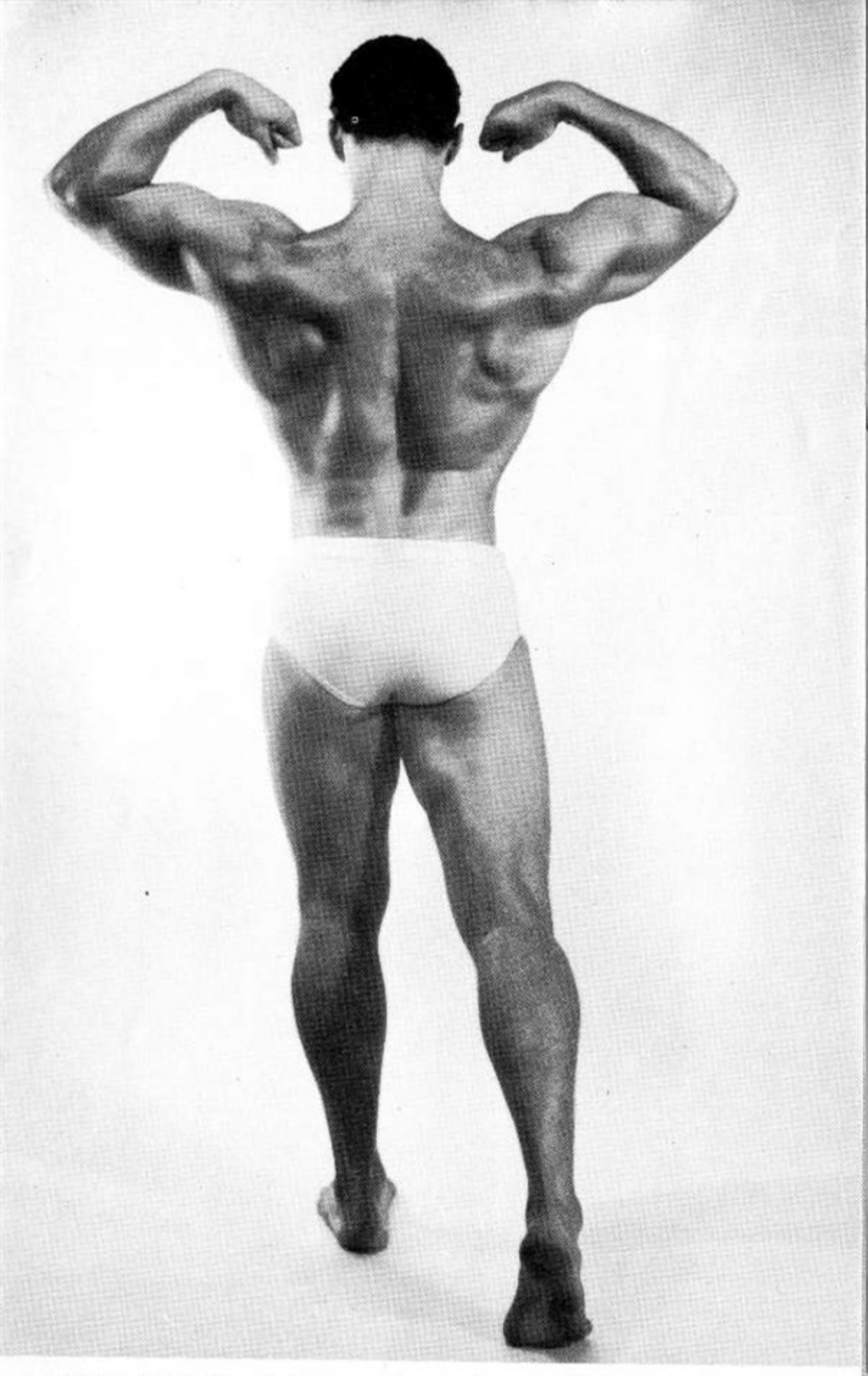
During daily riding, wear a comfortable pair of shorts and a T-shirt, or no shirt at all. This exposes your body to healthy sunshine, allowing you to get a good sun-tan at the same time. If you wear a "jock strap," be sure it fits comfortably. If it's too tight, you'll damage your vital organs by sudden twisting and turning.

Cycling is not a new sport. Egyptian bas-reliefs and frescoes found in the ruins at Pompeii indicate that the ancients recognized it as an important athletic activity. It is supposed to have been perfected in 1690 by a Parisian, M. de Sivrac. Today, cycling contests are a part of the program of the Olympics, which are held every four years.

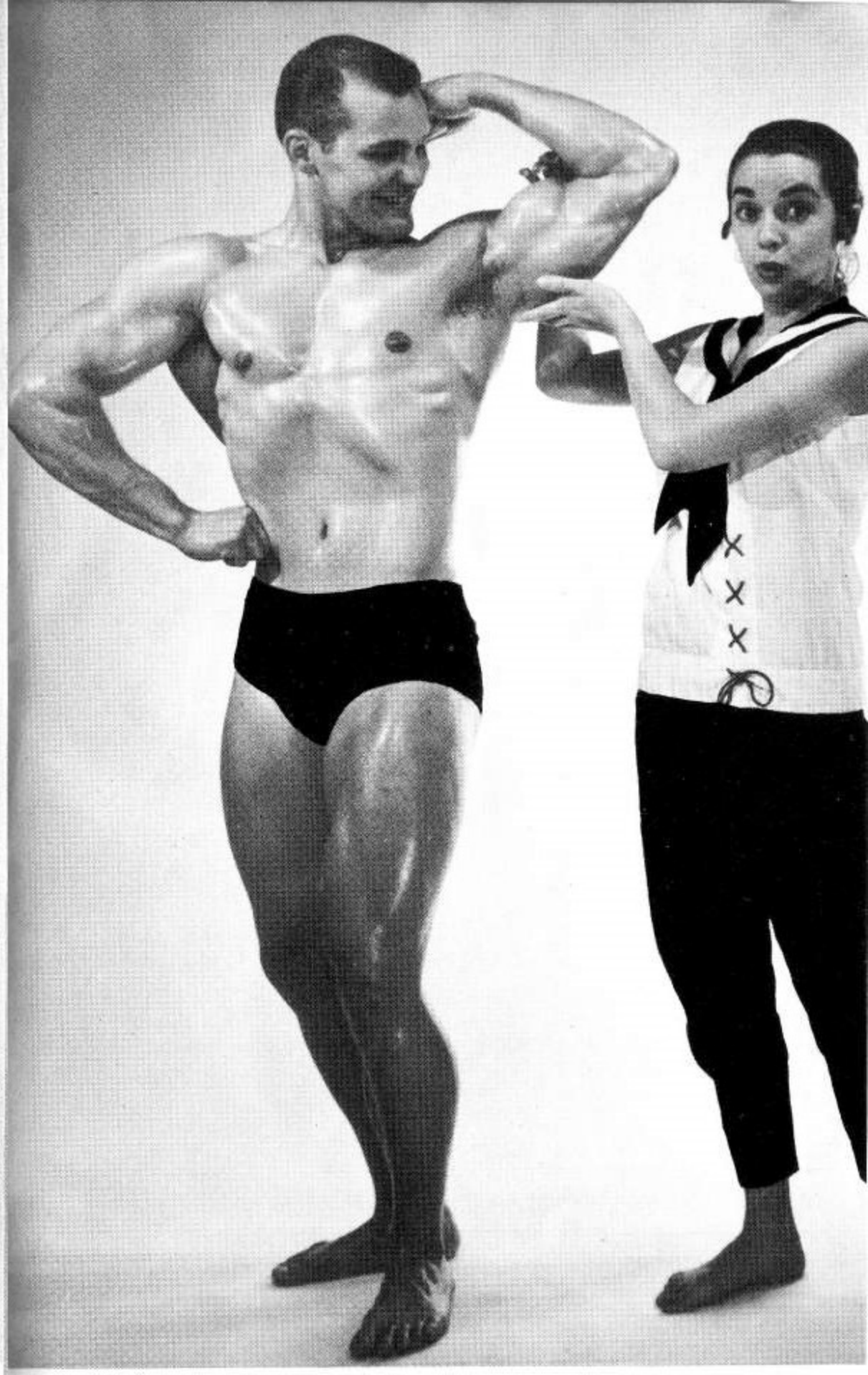
Cycing can be lots of fun and can provide you with some of your best exercise and recreation. Out under the sun, the breeze whipping against you, you can cycle among the trees, down unknown paths, close to nature. You, alone or with friends, can travel short or long distances, exploring new territory, perhaps camping out in the great out-of-doors. You can have great fun — and at the same time build up your calf, thigh and stomach muscles (or trim down your hips and waistline). Learn the sport of cycling, but first of all, learn the proper way to cycle. If you do, many hours of pleasure and benefit await you in this popular sport.



JIM STEVENS, a nineteen year old English bodybuilder, possesses a physique of outstanding excellence. This young man is an ardent weight trainer. Photo by Domenique of London.



DOUG LINDZY of Mishawaka, Ind., proudly displays the broad back that helped him win the Mr. Teen-Ager title. Doug is 5'-10", weighs 185, with a 48-inch chest, 30-inch waist and 16½-inch arms. Photo by John Palatinus.



Glenda Sanders seems mighty impressed by DICK POWERS' 17¾-inch arms. Who wouldn't be? This photo of these two South Bend, Ind., young people is by John Palatinus.

NIGHTS OF THE BATH

The daily shower is an unnecessary middle class American habit. It's something of a fetish with Americans; we bathe too often and it's bad for us. At least the English think so. Are they right?

Too frequent bathing with soap removes essential oils from the skin, along with dirt. It dries out the skin and this often causes itching and discomfort. It also causes the skin to wrinkle and age, as the ladies have learned. Some of the fair sex never *wash* their faces — they use cleansers which do not rob the skin of its needed oils.

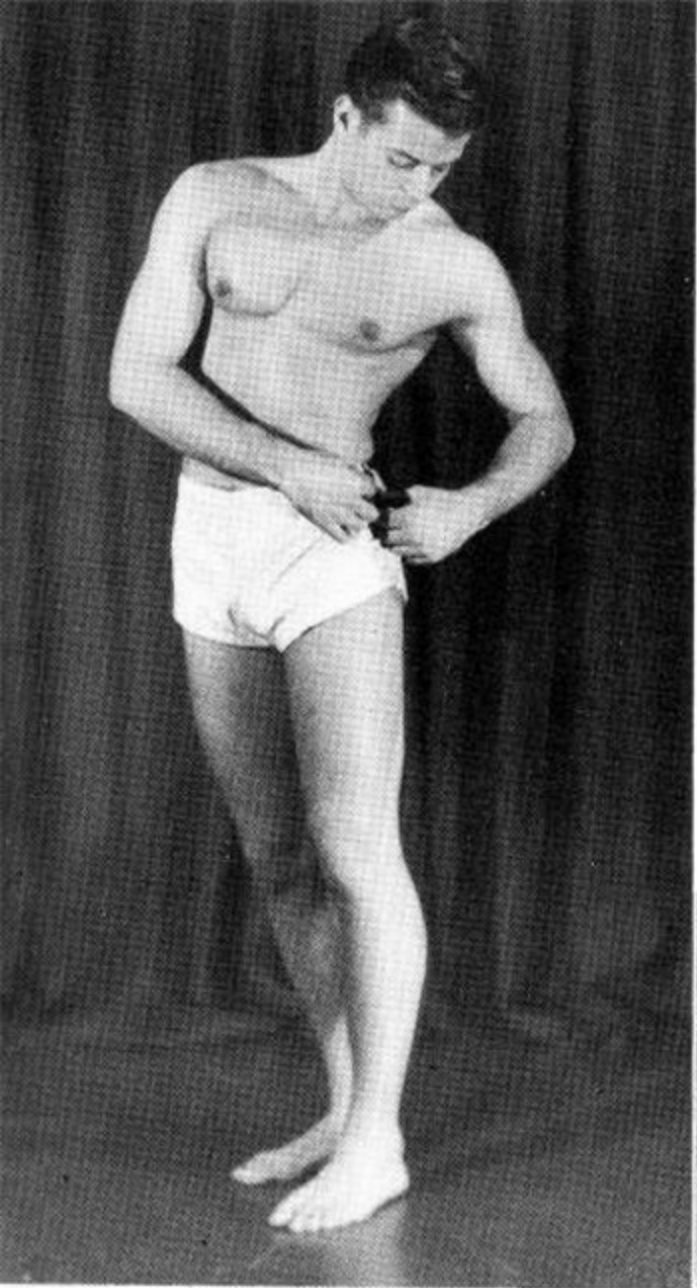
Perhaps the English would say that the boys in the Art-Bob drawing on the opposite page, soaped up in the shower when the water goes off, are getting their just deserts. But cleanliness, we all know, is next to godliness. It would be hard to overestimate the importance of keeping clean. Even so, do we always bathe just because we're dirty? Let's take a typical young sales clerk in a clean, air-conditioned department store. He never perspires, he does no manual labor, he has little chance to get dirty in a day's time. He doesn't actually *need* a shower every day — and, if his skin is naturally dry, he probably shouldn't take one so often.

On the other hand, the service station attendant gets pretty grimy before the day is over. So does the sweating athlete. These guys need their daily shower. If their skin is dry and itches after the bath, a light alcohol rubdown will help. So should a medicated soap, or one containing lanolin.

Most of us probably bathe more than we need to, and perhaps more than is good for us. During the winter especially, three or four baths a week are sufficient for the average person. And the same number will suffice during the summer for those who don't do manual labor or who don't perspire.

Bathing, like any other good thing, can be overdone. Bathe when you need a bath, but don't overdo it, especially if you have dry skin or live in a dry climate. The average daily bather will do well to go easy on the soap, lest he wash away the natural oils the skin needs.

Art-Bob's "Water Shortage," offered by Athletic Model Guild. The article on page 36 wonders if perhaps these boys deserve their unhappy state.



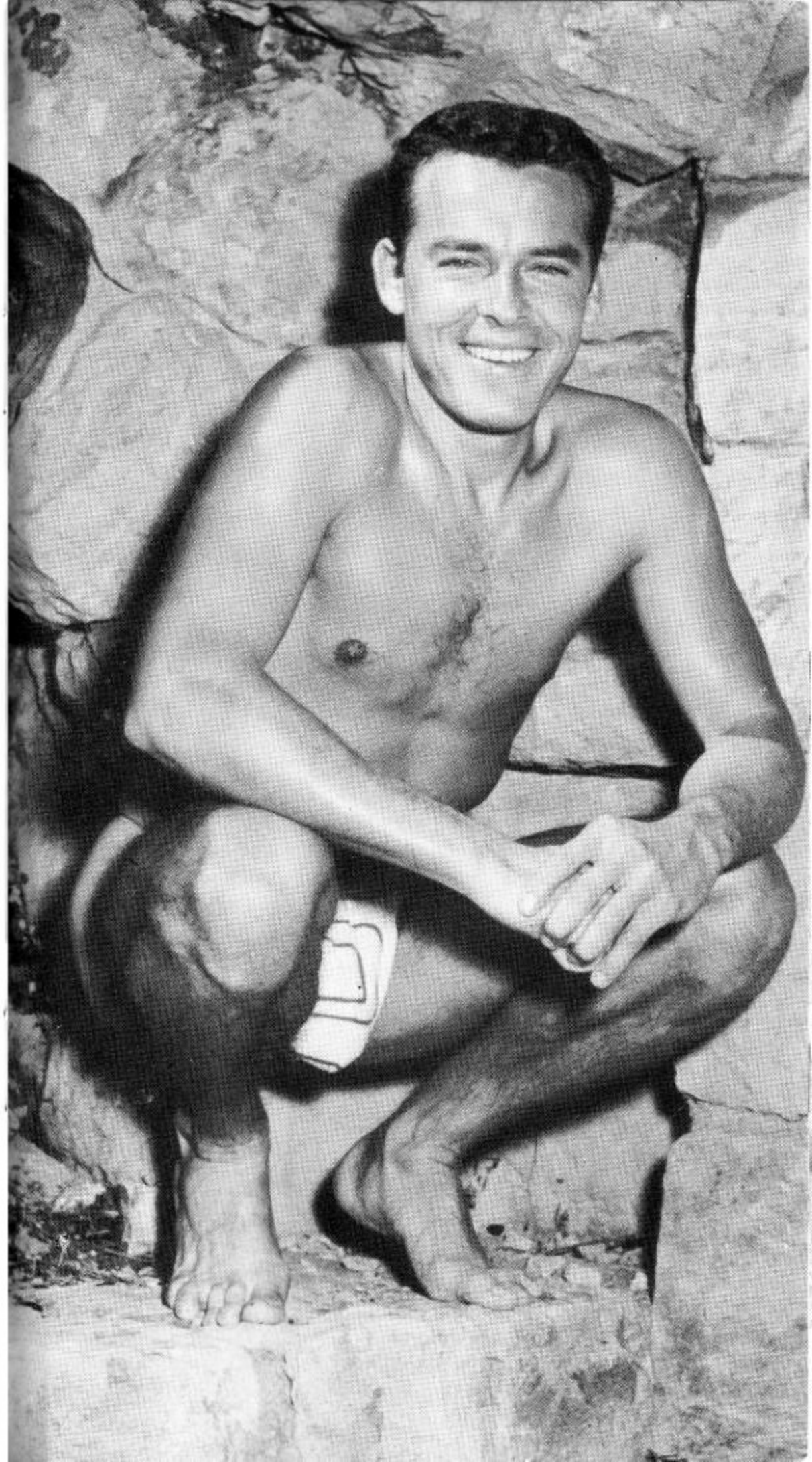
VINCE ORLANDINI seems to have bathing on the mind, too.

To the left, he undresses after a swim and, below, with soap in hand, eyes the shower suspiciously after reading page 36.

On the opposite page, BILL MADISON seems amused at Vince's predicament.

Photos of Vince Orlandini, Chicago athlete, by Kris Studio.

Photo of Bill Madison, twenty-four year old motion picture actor, by Delmonteque Studio.



TRIM photographers

Listed below are the photographers whose work appears in this issue of TRIM. We recommend them to you for outstanding physique studies. Catalogs are priced at $1.00 each. Order from them today and remember to tell them that you saw their work in TRIM.

Apollo International, 155 West 46th St., New York, N. Y.

Athletic Model Guild, 1834 West 11th St., Los Angeles 6, Calif.

Glenn Bishop, P. O. Box 392, Grand Haven, Mich.

Bruce of Los Angeles, Box 75305 — Sanford Station, Los Angeles 5, Calif.

California Models, P. O. Box 285, San Francisco, Calif.

F. L. Collier, P. O. Box 1363, Erie, Penna.

Joe Corey, 51 Lopez St., Cambridge 39, Mass.

Delmonteque Studios, Box 6081 — Surfside Sta., Miami Beach, Fla.

Domenique of London, Suite 35-A, 119 Oxford St., London W. 1, England

James E. Hills, P. O. Box 4989, San Francisco 1, Calif.

Kris Studio, P. O. Box 1251, Chicago 90, Ill.

MacLane Studios, Box 9012 — Queen Anne Sta., Seattle 9, Wash.

Dave Martin Studio, 607 Market St., San Francisco 5, Calif.

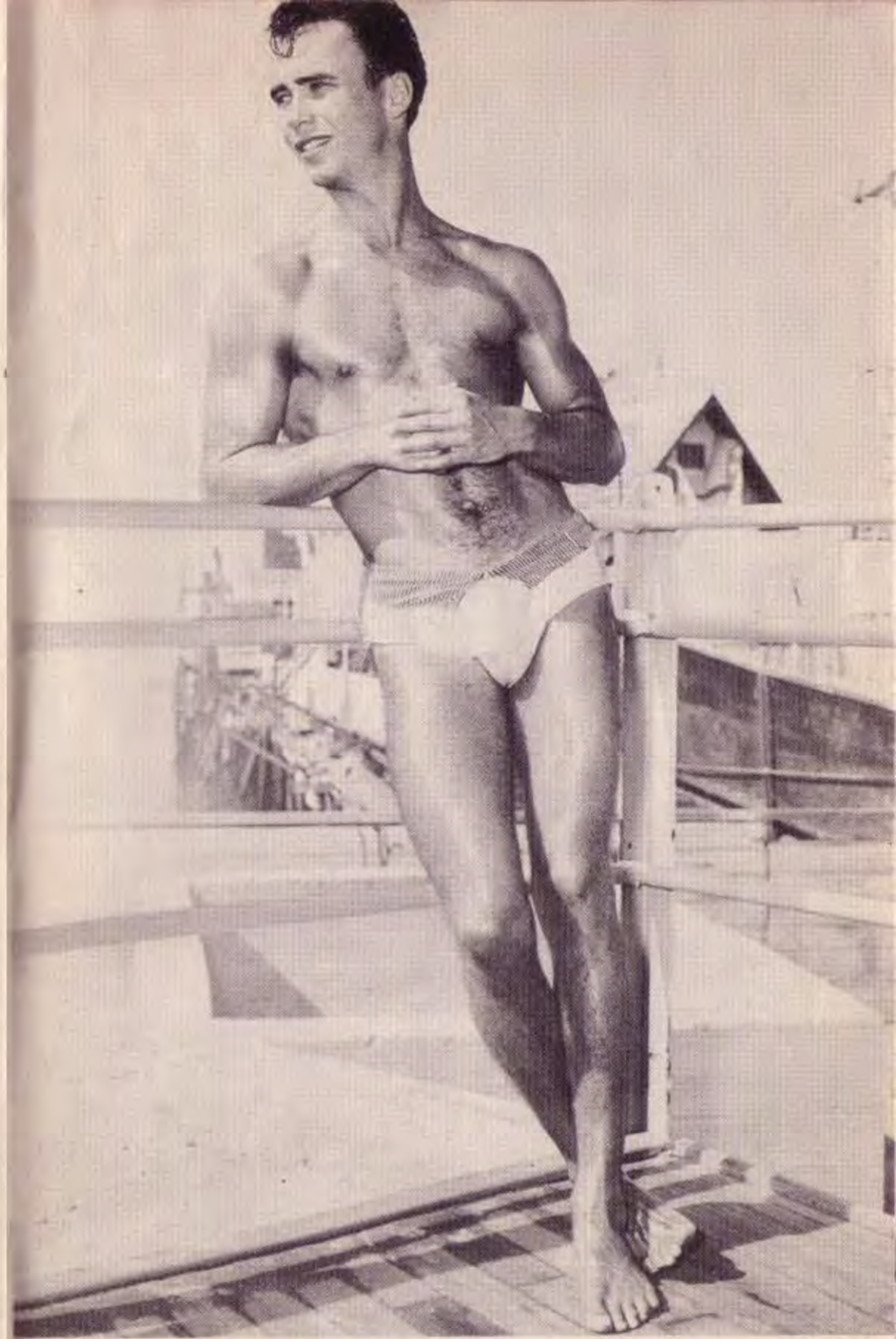
John Paignton, Paignton Publishing Co., 18a Hill St., Richmond, Surrey, England

John Palatinus, 135 West 13th St., New York 11, N. Y.

Stanford St. George, Station No. 4 — Drawer F, North Hollywood, Calif.

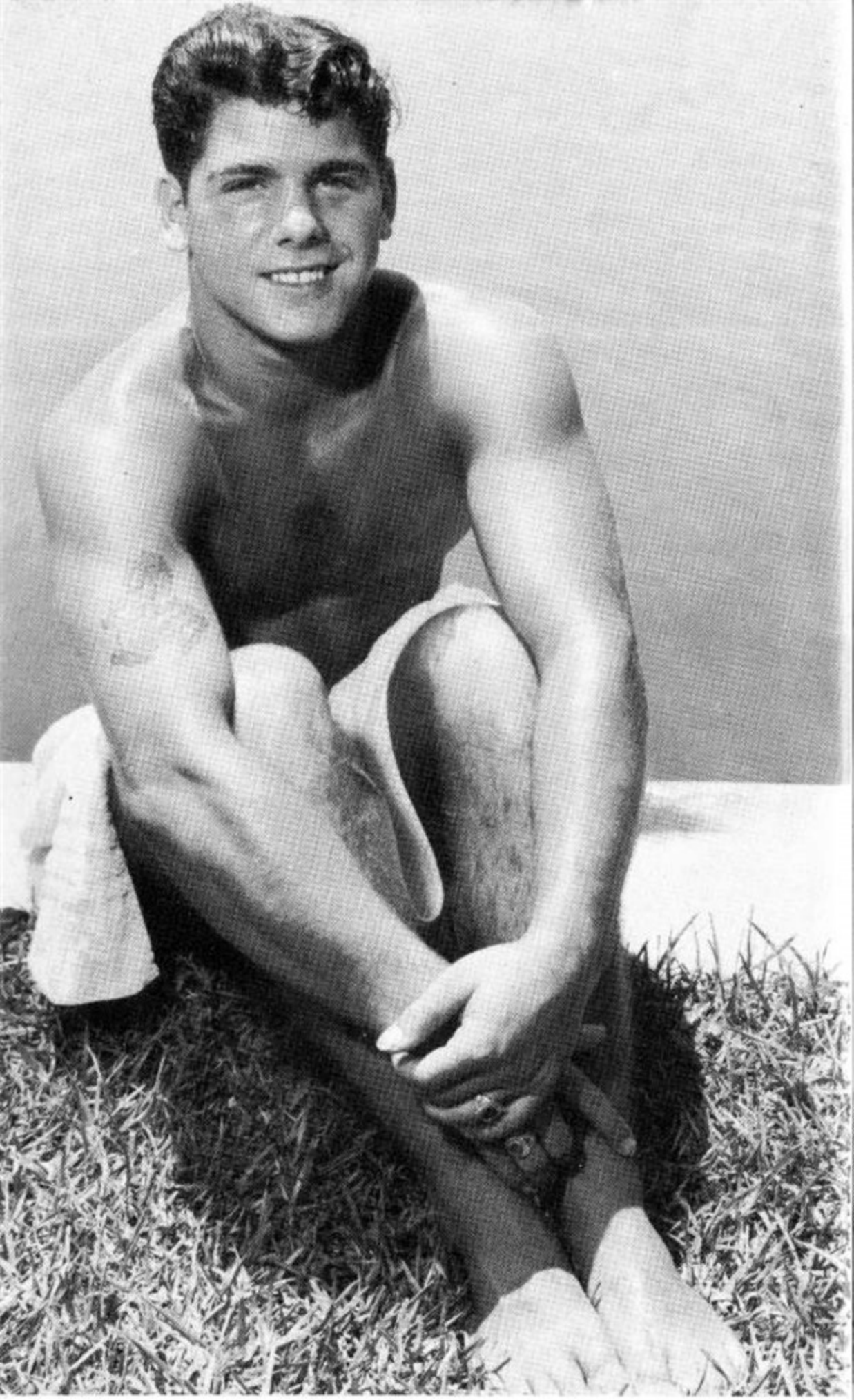
Vulcan Studio, 706 N. La Cienega Blvd., Hollywood 46, Calif.

M. C. Woods, Box 75686 — Sanford Sta., Los Angeles 5, Calif.

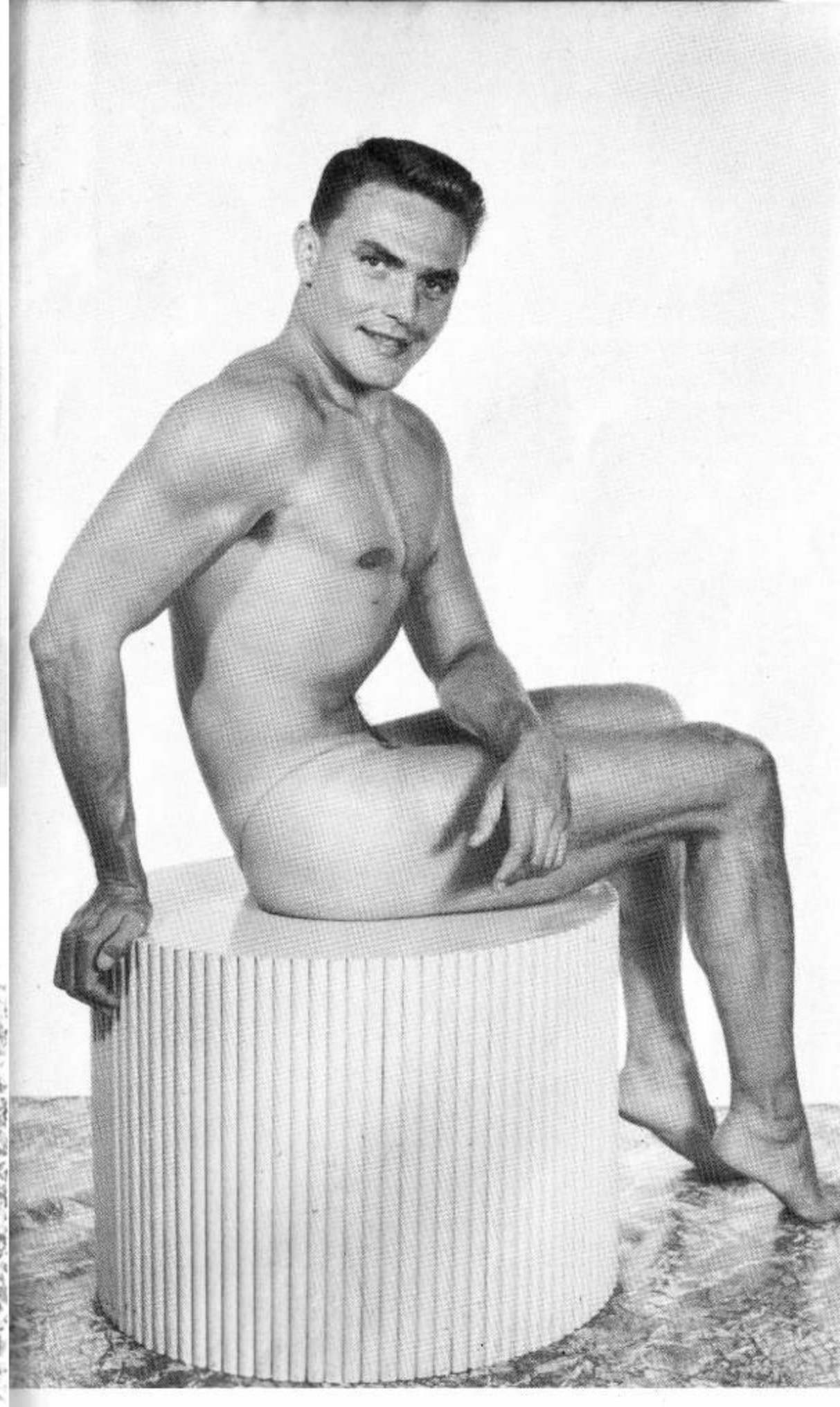


HAROLD MARTY is 5'-9" and weighs 160. He has a trim but no overly-muscular build.

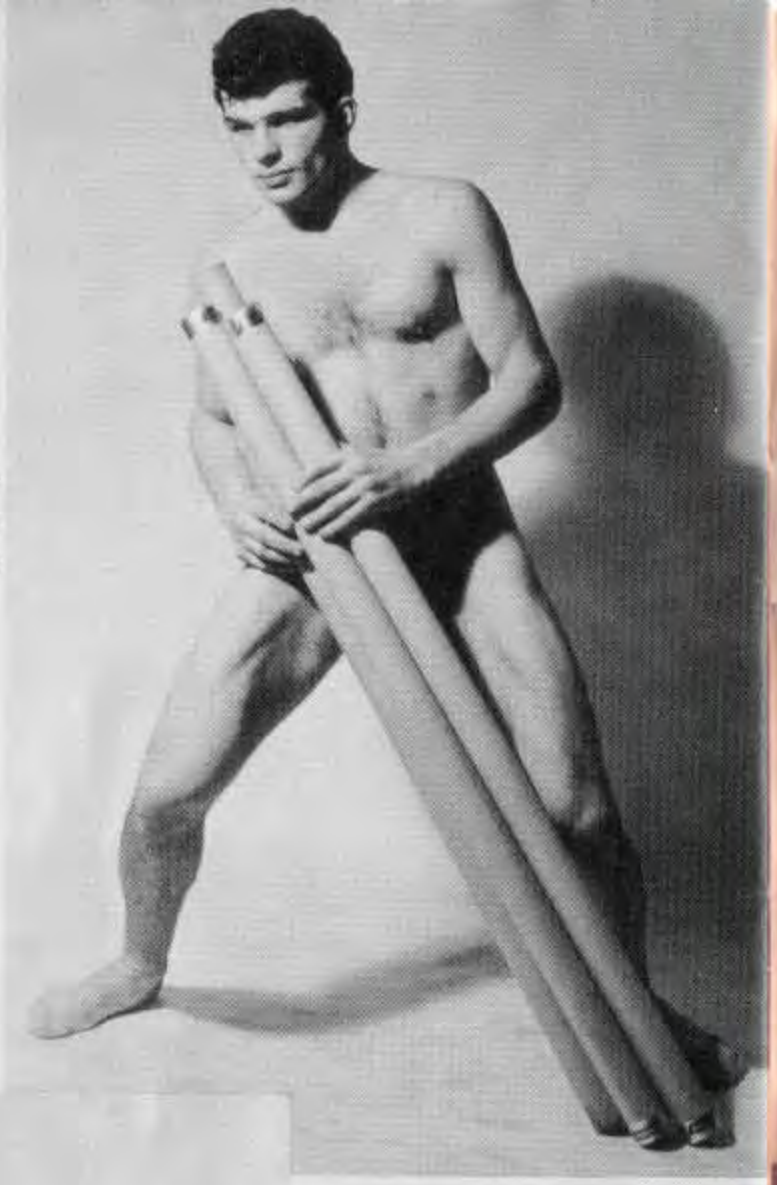
HAROLD MARTY is one of twelve models in Album YT, $2.50. If you prefer 12 photos of Harold alone, order Special Album YT1, $2.50. Six catalog pages of Harold, YT13, pages 2 through 7, 60c. ATHLETIC MODEL GUILD, 1834 West 11th St., Los Angeles 6, Calif.



Twenty year old FRANKIE RUSSELL is a star swimmer. He is 5'-10" and weighs 175. Photo by Delmonteque Studio.



BILL BROWN, college football star, is a big fellow. He is 6'-1" and weighs 190. Photo by Delmonteque Studio.



The fellow at the right is known as BIG ED. He appears in Vulcan's Catalog 50-T.

To the left is EDDIE DAVIS. This shot is from Vulcan's Catalog 53-T.

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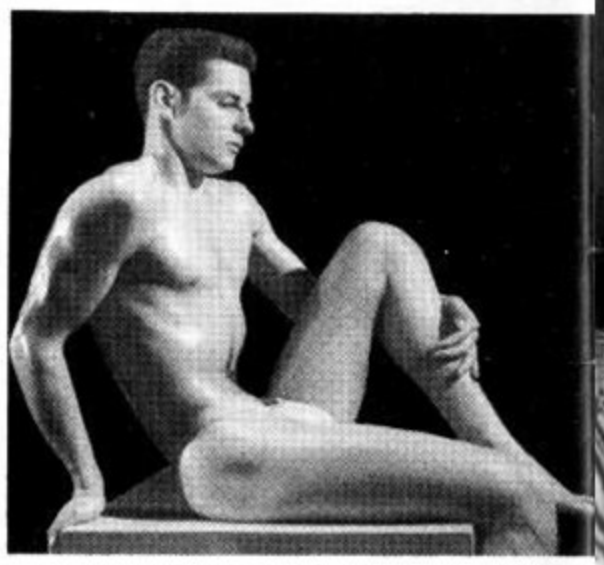

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Twenty year old DICK HARRISON, Hollywood actor, recently appeared in "The West Point Story." This photo of Dick is by Apollo.

Trim